

EXERCISES LOG - EASYCHIN BAR---Intermediate Routine					
(BACK)					
Day_____ Date_____					
Week#_____					
	SET #	1	2	3	4 Total
<i>Regular Chinups(Narrow Grip)</i>					
<i>1/2 Chinups(Wide Grip)</i>					
<i>Regular Chinups(Medium Grip)</i>					
<i>Rest After Each Set</i>					
Total Time Spent_____					
(CHEST)					
Day_____ Date_____					
Week#_____					
	SET #	1	2	3	4 Total
<i>Easychin Pushup 'B'</i>					
<i>Regular Pushup(Shoulder Wide Grip)</i>					
<i>Easychin Pushup 'B' (Medium Grip)</i>					
<i>Rest After Each Set</i>					
Total Time Spent_____					
(LEGS & ABS)					
Day_____ Date_____					
Week #_____					
	SET #	1	2	3	4 Total
<i>Super Set (One leg squat for each leg followed by regular squats)</i>					
<i>Super Set (Leg raises followed by knee ups)</i>					
Total Time Spent_____					