

EXERCISES LOG - EASYCHIN BAR & EASYDIP UPPER BODY ROUTINE						
<b>(BACK)</b>						
Day _____ Date _____						
Week# _____						
	SET #	1	2	3	4	Total
<i>Wide grip chinups followed by medium grip 1/2 chinups (no rest)--5-18 reps, (4-8sets)</i>						
<i>Wide horizontal chinups followed by medium horizontal chinups--5-20reps,(4sets)</i>						
<i>Rest After Each Set</i>						
Total Time Spent _____						
<b>(ABs)</b>						
Day _____ Date _____						
Week# _____						
	SET #	1	2	3	4	Total
<i>Hanging leg ups followed by hanging knee-ups (no rest)--5-18reps,(4-8sets)</i>						
<i>Hanging leg ups with twist---5-10reps, (4-8 sets)</i>						
<i>Rest After Each Set</i>						
Total Time Spent _____						
<b>(ARMS)</b>						
Day _____ Date _____						
Week # _____						
	SET #	1	2	3	4	Total
<i>Narrow grip chinups followed by 1/2 chinups narrow grip (no rest),--5-20 reps,(4-8sets)</i>						
<i>Regular pushup(hands together) followed by elbows in dips (no rest)--5-25reps,(4-8sets)</i>						
<i>Rest After Each Set</i>						
Total Time Spent _____						
<b>(CHEST)</b>						
Day _____ Date _____						
Week # _____						
	SET #	1	2	3	4	Total
<i>Advanced shoulder width pushups followed by pushup"B"(no rest)--5-25reps,(4-8sets)</i>						
<i>Elbows out and head down dips with weighted vest, followed by no vest-5-25reps,(4-8sets)</i>						
<i>Rest After Each Set</i>						
Total Time Spent _____						