



SHREDDED CLUB

Jeff Seid's 12 Week Trainer

WORKOUT LOG

www.ShapeYOU.de/shreddedclub

WORKOUT DAY 1:	CHEST+TRICEPS / BRUST+TRIZEPS
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

STIMMUNG/MOOD: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #5	SET #6	SET #7
Incline Bench Press/Schrägbankdrücken Warm-up-Set: 15 Reps Working-Sets: 12/10/8/6 + Dropset Rest in between sets: 120-180 sec.						
Cable Cross Over Working-Sets: 12/10/8/8 each Set with Dropset Rest in between sets: 120 sec.						
Flat Bench Dumbbell Press + Flies/KH Flachbankdrücken + Fliegende Working-Sets: 12/10/8/6 each Set is a Superset Rest in between sets: 120-180 sec.						
Dips 3 Working-Sets until failure Rest in between sets: 60 sec.						
Skull Crushers/French Press Working-Sets: 12/10/8 + Dropset Rest in between sets: 90-120 sec.						
Rope Push Downs Working-Sets: 12/10/8 each Set with Dropset (12 Reps) Rest in between sets: 90-120 sec.						



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WORKOUT DAY 2: BACK+BICEPS+ABS / RÜCKEN+BIZEPS+BAUCH

TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

STIMMUNG/MOOD: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #5	SET #6	SET #7
Deadlifts/Kreuzheben Warm-up-Set: 15 Reps Working-Sets: 10/8/6 Rest in between sets: 180 sec.						
Close Grip Lat Pulldown Working-Sets: 12/10/8/8 each Set with Dropset Rest in between sets: 120 sec.						
Wide Grip Pull-Ups/Klimmzüge mit weitem Griff 3 Working-Sets to failure Rest in between sets: 90 sec.						
Cable Rows/Rudern am Kabelzug Working-Sets: 12/10/8 each Set with Dropset Rest in between sets: 90-120 sec.						
Barbell Curls/Langhantel Curls Working-Sets: 10/8/6 each Set with Dropset Rest in between sets: 90-120 sec.						
Seid Hammer Curls Working-Sets: 10/8/6 Rest in between sets: 90 sec.						
Hanging Leg-Raises/Hängend Beine-Heben Working-Sets: 10/10/10						
Medicine Ball Twist/Rumpfdrehen mit Medizinball Working-Sets: 15/15/15						
V-Ups/Klappmesser Working-Sets: 12/12/12						



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WORKOUT DAY 3:	LEGS / BEINE
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

STIMMUNG/MOOD: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #5	SET #6	SET #7
Squats/Kniebeugen Warm-up-Set: 15 Reps Working-Sets: 10/8/6/4 Rest in between sets: 180 sec.						
Leg Press/Beinpresse Working-Sets: 10/8/6/4 Rest in between sets: 120 sec.						
Stiff Leg Dumbbell Deadlifts/Kreuzheben mit KH und geraden Beinen Working-Sets: 12/10/8/8 Rest in between sets: 90 sec.						
Leg Extensions/Beinstrecker Working-Sets: 12/10/8/8 Rest in between sets: 90 sec.						
Hamstring Curls/Liegende Leg Curls Working-Sets: 15/12/10/8 Rest in between sets: 90 sec.						



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WORKOUT DAY 4:	CHEST+SHOULDERS+ABS / BRUST+SCHULTERN+BAUCH
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

STIMMUNG/MOOD: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #5	SET #6	SET #7
Flat Bench Dumbbell Press/Flachbankdrücken mit KH Working-Sets: 5/5/5/5 Rest in between sets: 180-240 sec.						
Incline Dumbbell Press+Schrägbankdrücken mit KH+Schrägbank Fliegende mit KH Working-Sets: 12/10/8/8 each Set is a Superset Rest in between sets: 120-150 sec.						
Arnold Press+Bent Over Rear Delt Raises/Arnold Press+Vorgebeugtes Seitheben Working-Sets: 12/10/8/8 each Set is a Superset (15 Reps) Rest in between sets: 120 sec.						
Upright Rows/Aufrechtes Rudern Working-Sets: 12/10/8/8 each Set with Dropset Rest in between sets: 120 sec.						
Lateral Raises+Alternating Front Raises/Seitheben+Alternierendes Frontheben Working-Sets: 10/10/10 each Set is a Superset Rest in between sets: 90 sec.						
Hanging Leg-Raises/Hängend Beine-Heben Working-Sets: 10/10/10						
Medicine Ball Twist/Rumpfdrehen mit Medizinball Working-Sets: 15/15/15						
V-Ups/Klappmesser Working-Sets: 12/12/12						



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WORKOUT DAY 5:	ARMS / ARME
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

STIMMUNG/MOOD: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #5	SET #6	SET #7
Barbell Curls+Skull Crushers/Curls mit Langhantel+French Press Working-Sets: 12/10/8/8 each Set is a Superset Rest in between sets: 90 sec.						
Hammer Curls+Alternating Half Curls/Hammer Curls+Alternierende halbe KH-Curls Working-Sets: 12/10/8/8 each Set is a Superset (10 Reps) Rest in between sets: 90 sec.						
Dumbbell Skull Crushers+Decline Alternate Skull Crushers/ KH Trizepdrücken liegend+Alternierendes KH Trizepsdrücken liegend Working-Sets: 12/10/8/8 each Set is a Superset (10 Reps) Rest in between sets: 90 sec.						
Concentration Curls+Single Arm Extensions/Konzentrations Curls+Einarmiges Trizepsstrecken Working-Sets: 15/12/10 each Set is a Superset Rest in between sets: 60 sec.						