



WORKOUT LOGS

4 DAYS PER WEEK WORKOUT

• THOMAS CALKINS •



TRAINING LOGS



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The information presented here is no way intended as medical advice. This information should be used in conjunction and guidance of your primary physician.

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4 DAYS PER WEEK TRAINING LOG

Workout tips before you get started

- Always consult with a physician before starting any training program.
- This workout is for intermediate and advanced lifters who have perfected their for all of the lifts. Beginners or new lifters should first do the beginner program and then the 3 day per week workout.
- Sets listed below are working sets that do not include warm-up sets. For example on squats it states 4 sets. So you would do 2 or more warm-up sets with light weight (50% of max) and then the 4 sets.
- All working sets are done at constant weight.
- Rest between sets is 90-120 seconds on the compound lifts. You should be well rested so you can have the same intensity on the next set.
- **Add Volume each week!** Add more weight or more reps than your previous workout.
- Adding weight example: Once you are able to do 8 reps for the 4 sets with perfect form, you should increase the weight. You might only do 4 sets of 7 your next time (it happens), but work your way back up to 4 sets of 10 and increase the weight again.
- The exercises can be altered in the workout. I recommend changing your exercises at least every 12 weeks and perhaps switching a few exercises each month. Try to stay with the main lifts like squat, bench press, and deadlift for 12 weeks before changing.
- The last page list recommended exercises as substitutes for each.
- DB=Dumbbell



TRAINING LOGS



WEEK ONE

DAY 1

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

DAY 2

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

DAY 3 - OFF DAY



TRAINING LOGS



DAY 4

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

DAY 5

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 6 - OFF DAY

DAY 7 - OFF DAY



TRAINING LOGS



WEEK TWO

DAY 8

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

DAY 9

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

DAY 10 - OFF DAY



TRAINING LOGS



DAY 11

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

DAY 12

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 13 - OFF DAY

DAY 14 - OFF DAY



TRAINING LOGS



WEEK THREE

DAY 15

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

DAY 16

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

DAY 17 - OFF DAY



TRAINING LOGS



DAY 18

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

DAY 19

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 20 - OFF DAY

DAY 21 - OFF DAY



TRAINING LOGS



WEEK FOUR

DAY 22

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Barbell Incline Press	3x10								
Dips	3 x MAX								
Skull Crushers	3x10								
Tricep Pulldowns	3x10								
DB Flys	2x12								

DAY 23

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Stiff Legged Deadlift	3x10								
Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Calf Raises	3x10								

DAY 24 - OFF DAY



TRAINING LOGS



DAY 25

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Seated DB Curls	3x10								
Barbell Shrugs	3x10								

DAY 26

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Barbell Rows	3x10								
Pullups	3 x MAX								
Seated Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 27 - OFF DAY

DAY 28 - OFF DAY



TRAINING LOGS



WEEK FIVE

DAY 29

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

DAY 30

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

DAY 31 - OFF DAY



TRAINING LOGS



DAY 32

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

DAY 33

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 34 - OFF DAY

DAY 35 - OFF DAY



TRAINING LOGS



WEEK SIX

DAY 36

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

DAY 37

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

DAY 38 - OFF DAY



TRAINING LOGS



DAY 39

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

DAY 40

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 41 - OFF DAY

DAY 42 - OFF DAY



TRAINING LOGS



WEEK SEVEN

DAY 43

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

DAY 44

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

DAY 45 - OFF DAY



TRAINING LOGS



DAY 46

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

DAY 47

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 48 - OFF DAY

DAY 49 - OFF DAY



TRAINING LOGS



WEEK EIGHT

DAY 50

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Incline DB Press	3x10								
Dips	3 x MAX								
Overhead DB Extensions	3x10								
Tricep Pulldowns	3x10								
DB Incline Flys	2x12								

DAY 51

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
Barbell Lunges	3x10								
Narrow Width Leg Press	3x10								
Leg Extensions	2x12								
Leg Curls	2x12								
Seated Calf Raises	3x10								

DAY 52 - OFF DAY



TRAINING LOGS



DAY 53

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated DB Press	3x10								
DB Front Raises	3x10								
Standing DB Curls	3x10								
Standing Hammer Curls	3x10								
DB Shrugs	3x10								

DAY 54

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
Yates Rows (Underhand)	3x10								
Chinups	3 x MAX								
T-Bar Rows	3x10								
Lat Pulldowns	3x10								
Hyperextensions	2x12								

DAY 55 - OFF DAY

DAY 56 - OFF DAY



TRAINING LOGS



WEEK NINE

DAY 57

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

DAY 58

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

DAY 59 - OFF DAY



TRAINING LOGS



DAY 60

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

DAY 61

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

DAY 62 - OFF DAY

DAY 63 - OFF DAY



TRAINING LOGS



WEEK TEN

DAY 64

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

DAY 65

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

DAY 66 - OFF DAY



TRAINING LOGS



DAY 67

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

DAY 68

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

DAY 69 - OFF DAY

DAY 70 - OFF DAY



TRAINING LOGS



WEEK ELEVEN

DAY 71

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

DAY 72

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

DAY 73 - OFF DAY



TRAINING LOGS



DAY 74

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

DAY 75

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

DAY 76 - OFF DAY

DAY 77 - OFF DAY



TRAINING LOGS



WEEK TWELVE

DAY 78

CHEST AND TRICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Flat Bench Press	4x8								
Decline Press	3x10								
Machine Flys or Press	3x10								
One Arm Underhand Pulldowns	3x10								
Close Grip Bench Press	3x10								
DB Flys	2x12								

DAY 79

LEGS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats	4x8								
DB Lunges	3x10								
Hack Squats	3x10								
One Leg - Leg Extensions	2x12								
One Leg - Leg Curls	2x12								
Standing Calf Raises	3x10								

DAY 80 - OFF DAY



TRAINING LOGS



DAY 81

SHOULDERS AND BICEPS

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Overhead Press	4x8								
Seated Shoulder Press (Machine)	3x10								
DB Side Laterals	3x10								
Standing Barbell Curls	3x10								
Incline DB Curls	3x10								
Upright Rows	3x10								

DAY 82

BACK

Exercise	Goal	Set 1		Set 2		Set 3		Set 4	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlift	3x6								
DB Rows	3x10								
Behind Neck Pullups	3 x MAX								
Seated Rows	3x10								
Underhand Seated Pulldowns	3x10								
Hyperextensions	2x12								

DAY 83 - OFF DAY

DAY 84 - OFF DAY



TRAINING LOGS



Alternate Exercises

Starting Exercise	Alternative 1	Alternative 2
Legs		
Squats	Front Squats	Wide/Narrow Squats
Stiff Legged Deadlift	Barbell Lunges	DB Lunges
Leg Press	Hack Squats	
Leg Extensions		
Lying Leg Curls	Seated Leg Curls	
Standing Calf Raises	Seated Calf Raises	Leg Press Calf Raises
Back		
Deadlift	Sumo Deadlift	
Barbell Rows	DB Rows	Yates Rows
Pullups	Chinups	BTN Pullups
Seated Rows	T-bar Rows	
Lat Pulldowns	Underhand Pulldowns	
Hyperextensions	Good Mornings	
Chest, Triceps		
Flat Bench Press	Flat DB Press	
Barbell Incline Press	Incline DB Press	Barbell Decline Press
Dips		
Skull Crushers	Overhead DB Extensions	
Tricep Pushdowns	Close-grip Bench Press	
Flys	Incline Flys	Pullovers
Shoulders, Biceps		
Overhead Press	Seated Military Press	
Seated DB Press	Arnold Presses	
DB Lateral Raises	DB Front Raises	
Standing Barbell Curls	Preacher Curls	Standing DB Curls
Seated DB Curls	Incline DB Curls	Concentration Curls
Barbell Shrugs	DB Shrugs	Upright Rows