

Upper Body Training Log

Date: _____ Phase: _____

✓	Exercise	Weight	Sets x Reps	Notes
	Assisted Pull Ups		3x8	
	Seated Rows		3x8	
	Dumbbell Shoulder Press		3x10	
	Cable Face Pulls		3x12	
	Lateral Raises		3x12	
	Cable Pallof Press		3x12/side	
	Farmers Carries		2 laps	

Notes:

Warm up: Banded pull aparts

Outdoor Activity:

Mt. Whitney Activity: