**BACK**

**POWER**

|  |
| --- |
| [**handstandpushup.com**](https://www.handstandpushup.com/) **.** **WEEK 4****CREATE YOUR OWN WORKOUT | TRACK YOUR PROGRESS**  |
| **GENERAL WARM-UP** | 10-15 minutes (dynamic stretching/foam roll/walking, etc.)**ENTER CHOICE:** ▁▁▁▁▁▁▁▁▁▁▁▁ |
| **PART 1** | **WARM-UP SETS** |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **LAT PULLDOWN** | **1-2** | **12** | **50-60%** | **X/X/X** | **60 s** |
| **1-ARM DB ROW** | **1-2** | **12** | **50-60%** | **X/X/X** | **60 s** |
| **( substitutions permitted )** |
| **PART 2** | **COMPOUND SETS** |
|  **BEGINNER**  ( 2 exercises per body part )[**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1** |  | **4** | **4** | **91% 1RM** | **X/X/X** | **0 s** |
| **EX 4** |  | **8** | **8% BW****OR** **45% 1RM** | **X/X/X** | **0-2 min** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |

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| **PART 2** | **COMPOUND SETS** |
|  **INTERMEDIATE**  ( 3-4 exercises per body part )[**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1** |  | **5** | **3** | **93% 1RM** | **X/X/X** | **0 s** |
| **EX 4** |  | **8** | **8% BW****OR** **45% 1RM** | **X/X/X** | **0-2 min** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 2** |  | **5** | **3** | **93% 1RM** | **X/X/X** | **0 s** |
| **EX 5** |  | **8** | **8% BW****OR** **45% 1RM** | **X/X/X** | **0-2 min** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |

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| **PART 2** | **COMPOUND SETS** |
|  **ADVANCED**  ( 4+ exercises per body part )[**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1** |  | **5** | **2** | **95% 1RM** | **X/X/X** | **0 s** |
| **EX 4** |  | **6** | **8% BW****OR** **45% 1RM** | **X/X/X** | **0-2 min** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 4**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 2** |  | **5** | **2** | **95% 1RM** | **X/X/X** | **0 s** |
| **EX 5** |  | **6** | **8% BW****OR** **45% 1RM** | **X/X/X** | **0-2 min** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 2**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 5**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 3** |  | **5** | **2** | **95% 1RM** | **X/X/X** | **0 s** |
| **EX 6** |  | **6** | **8% BW****OR** **45% 1RM** | **X/X/X** | **0-2 min** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 3**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 6**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 3**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 6**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 3**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 6**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 3**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 6**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 5** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 3**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 6**
 |  |  | % | **X/X/X** |  |
|  |  |  | lb |  |  |
|  |  | kg |

|  |  |
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| **PART 3** | **CORE EXERCISES****CARDIO │ COOLDOWN** |
|  **CORE EXERCISES** [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE 1** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **1-4** | **8-12** | **Optional** | **X/X/X** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |  |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 2** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **1-4** | **8-12** | **Optional** | **X/X/X** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |  |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **X/X/X** |  |
|  |  | lb |  |  |
|  |  | kg |
|  **CARDIO** [**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **EXERCISE** | **DURATION** |
|  **ENTER CHOICE:**▁▁▁▁▁▁ | ▁▁▁▁▁▁ |
|  **COOLDOWN** [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE** | **DURATION** |
|  **ENTER CHOICE:**▁▁▁▁▁▁ | ▁▁▁▁▁▁ |