



RAW Strength Series Chest & Triceps Worksheet

Date:

Exercise	Round 1 Wts/Reps	Round 2 Wts/Reps	Round 3 Wts/Reps	Round 4 Wts/Reps	Round 5 Wts/Reps	Notes
Incline Chest Flyes						
Flat Bench Press						
Single Arm Kickback Right: Left:						
Seated Overhead Tricep Extension Right: Left:						
Alternating Side Crunches						
Upper/Lower Ab Crunches						

Additional Notes: