



RAW Strength Series Shoulders & Legs Worksheet

Date:

Exercise	Round 1 Wts/Reps	Round 2 Wts/Reps	Round 3 Wts/Reps	Round 4 Wts/Reps	Round 5 Wts/Reps	Notes
Lateral Raises (Pinkies up; thumbs down)						
Butterfly & Press						
Alternating Hip Drop Plank Right: Left:						
Front Squats 1 ½						
Hip Thrusts						

Additional Notes: