GYM JOURNAL

Oct 27 – 31, 2026

rack n

TUESDAY

Tue, Oct 27, 2026 · 🔥 **20**

WORKOUT: PUSH

PRE Creatine 5 g

GYM —

Start 5:40 PM · End 6:42 PM · Total 1 h 03 min

Warm-up:

Easy Cardio Warm-up

Set 1	3 min

Arm Swings

Set 1	1 min

Chest:

Decline Bench Press 💧 Volume day

🎯 Aim: 4 × 7 @ 70 lb

⏮️ Last time (Oct 22): 5 @ 90 lb · 5 @ 95 lb · 5 @ 100 lb

Warm-up	7 @ 50 lb	
Set 1	7 @ 70 lb	7.5 · 2–3 left
Set 2	7 @ 70 lb	9 · 1 left
Set 3	7 @ 70 lb	8 · 2 left
Set 4	5 @ 70 lb	8 · 2 left

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

Rear delts:

Cable Rear Delt Row

🎯 Aim: 3 × 8 @ 75 lb

⏮️ Last time (Oct 9): 3 × 11 @ 75 lb

Set 1	8 @ 75 lb	
Set 2	8 @ 75 lb	8.5 · 1–2 left
Set 3	8 @ 75 lb	

Paused for a second at the top of every rep. Much harder, but cleaner.

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Chest:

Resistance Band Chest Fly

🎯 Aim: 3 × 10

⏮ First time doing this exercise

Set 1	10 reps	9.5 · 0–1 left
Set 2	10 reps	
Set 3	10 reps	

Go up next time.

Traps:

Farmer's Carry

🎯 Aim: 3 × 25s @ 30 lb each

⏮ Last time (Oct 24): 3 × 20s @ 25 lb each

Set 1	25s @ 30 lb each	
Set 2	25s @ 35 lb each	7.5 · 2–3 left
Set 3	25s @ 30 lb each	8 · 2 left

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

Chest:

Push-Up Against Wall

🎯 Aim: 3 × 6

⏮ Last time (Sep 7): 3 × 8 reps

Set 1	6 reps	9 · 1 left
Set 2	6 reps	9 · 1 left
Set 3	6 reps	9 · 1 left

Triceps:

Overhead Dumbbell Extension

🎯 Aim: 2 × 29 @ 30 / 25 lb

⏮ Last time (Sep 26): 28 @ 30 lb · 29 @ 25 lb

Set 1	28 @ 30 lb	7.5 · 2–3 left
Set 2	29 @ 25 lb	

Chest:

Smith Machine Incline Press

🎯 Aim: 3 × 5 @ 95 / 100 / 100 lb

⏮ Last time (Sep 11): 5 @ 90 lb · 5 @ 100 lb · 5 @ 100 lb

Warm-up	8 @ 95 lb	
Set 1	5 @ 95 lb	9 · 1 left
Set 2	5 @ 100 lb	7 · 3 left
Set 3	5 @ 100 lb	

Front delts:

Kettlebell Press

🎯 Aim: 3 × 8

⏮️ First time doing this exercise

Set 1	8 @ 30 lb each	9.5 · 0–1 left
Set 2	8 @ 20 lb each	9 · 1 left
Set 3	8 @ 30 lb each	

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

Triceps:

Dumbbell Kickback

🎯 Aim: 3 × 25 @ 25 lb per side

⏮️ Last time (Oct 13): 28 @ 25 lb per side · 29 @ 25 lb per side · 30 @ 25 lb per side

Set 1	28 @ 25 lb per side	7.5 · 2–3 left
Set 2	29 @ 25 lb per side	7 · 3 left
Set 3	30 @ 25 lb per side	8.5 · 1–2 left

Chest:

Push-Ups With Feet in Rings

🎯 Aim: 3 × 6

⏮️ Last time (Oct 14): 3 × 7 reps

Set 1	6 reps	
Set 2	6 reps	
Set 3	6 reps	9 · 1 left

Rested a bit longer before the last set and it paid off: every rep felt solid.

Side delts:

Cable Lateral Raise

🎯 Aim: 3 × 8 @ 55 lb

⏮️ Last time (Oct 13): 8 @ 60 lb · 8 @ 50 lb · 8 @ 55 lb

Set 1	8 @ 55 lb	8 · 2 left
Set 2	8 @ 55 lb	
Set 3	8 @ 55 lb	7.5 · 2–3 left

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

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rack n

Triceps:

Cable Pushdown

🎯 Aim: 3 × 32 @ 60 lb

⏮️ Last time (Oct 22): 29 @ 70 lb · 30 @ 70 lb

Set 1	28 @ 60 lb
Set 2	29 @ 60 lb
Set 3	30 @ 60 lb

Seat on 4.

Cool-down:

Cross-Body Shoulder Stretch

Set 1	1 min

Doorway Chest Stretch

Set 1	1 min

WORKOUT: CORE

Start 7:40 PM · End 8:29 PM · Total 50 min

Warm-up:

High Knees

Set 1	45s

Inchworms

Set 1	1 min

Chest:

Push-Ups With Feet in Rings

🎯 Aim: 3 × 7

⏮️ Last time (Oct 27): 3 × 6 reps

Set 1	7 reps	9.5 · 0–1 left
Set 2	7 reps	8.5 · 1–2 left
Set 3	7 reps	8.5 · 1–2 left

Abs:

Barbell Rollout

🎯 Aim: 3 × 9 @ 105 / 110 / 105 lb

⏮️ Last time (Oct 14): 11 @ 105 lb · 11 @ 110 lb · 11 @ 105 lb

Set 1	9 @ 110 lb	8 · 2 left
Set 2	9 @ 110 lb	9.5 · 0–1 left
Set 3	9 @ 105 lb	

Hollow Body Hold

🎯 Aim: 3 × 20s

⏮️ Last time (Oct 8): 3 × 35s

Set 1	20s	
Set 2	—	
Set 3	20s	

Kettlebell Plank Pull Through

🎯 Aim: 3 × 11 @ 25 / 20 / 20 lb each

⏮️ Last time (Oct 14): 13 @ 25 lb each · 13 @ 20 lb each · 13 @ 20 lb each

Set 1	11 @ 25 lb each	
Set 2	11 @ 20 lb each	8 · 2 left
Set 3	11 @ 20 lb each	

Bird Dog

🎯 Aim: 3 × 9

⏮️ Last time (Oct 16): 3 × 9 reps

Set 1	9 reps	
Set 2	9 reps	
Set 3	9 reps	

Ab Crunch Machine

🎯 Aim: 3 × 10 @ 50 lb

⏮️ Last time (Oct 14): 3 × 11 @ 50 lb

Set 1	10 @ 50 lb	8 · 2 left
Set 2	10 @ 50 lb	9.5 · 0–1 left
Set 3	10 @ 50 lb	9 · 1 left

Hanging Knee Raise

🎯 Aim: 3 × 11

⏮️ Last time (Oct 14): 3 × 13 reps

Set 1	11 reps	9 · 1 left
Set 2	11 reps	
Set 3	10 reps	8 · 2 left

Dead Bug

🎯 Aim: 3 × 11

⏮️ Last time (Oct 16): 2 × 11 reps

Set 1	11 reps	
Set 2	11 reps	
Set 3	11 reps	8 · 2 left

Plank with Shoulder Taps

🎯 Aim: 3 × 13

⏮️ First time doing this exercise

Set 1	13 reps	7 · 3 left
Set 2	13 reps	9.5 · 0–1 left
Set 3	13 reps	8.5 · 1–2 left

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Obliques:

Horizontal Wood Chop with Cable

🎯 Aim: 3 × 13

⏮ First time doing this exercise

Set 1	13 @ 80 lb	9 · 1 left
Set 2	13 @ 85 lb	9 · 1 left
Set 3	13 @ 70 lb	9 · 1 left

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

Band Horizontal Pallof Press

🎯 Aim: 3 × 11

⏮ Last time (Oct 14): 3 × 13 reps

Set 1	11 reps	
Set 2	11 reps	7.5 · 2–3 left
Set 3	11 reps	7.5 · 2–3 left

Left shoulder a bit tight.

Side Plank

🎯 Aim: 3 × 25s

⏮ Last time (Oct 14): 3 × 30s

Set 1	25s	
Set 2	25s	8 · 2 left
Set 3	25s	

Cool-down:

Cobra Stretch

Set 1	1 min

Doorway Chest Stretch

Set 1	1 min

POST Whey 20 g

COMMENTS (Push):

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COMMENTS (Core):

–

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TUESDAY

SLEEP: 7 h

Tue, Oct 27, 2026

DIET: Multivitamin

~7:30 AM BREAKFAST

Oats, banana, eggs

~10:00 AM

Greek yogurt and berries

~1:00 PM LUNCH

Chicken, rice, broccoli

~4:00 PM

Protein bar

~7:00 PM DINNER

Salmon, potatoes, salad

~10:00 PM BEFORE BED

Cottage cheese

AT BED Casein 20 g

Nutrition	Goal	Actual
Fat	15% - 416 cal = 46g	54 g
Protein	25% - 694 cal = 173g	187 g
Carb	60% - 1665 cal = 416g	384 g

Goal: 2775 cal a day

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WEDNESDAY

Wed, Oct 28, 2026 · 🔥 21

Was a rest day

WORKOUT: CHEST & TRICEPS

PRE Creatine 5 g

GYM —

Start 5:40 PM · End 6:13 PM · Total 33 min

Warm-up:

Easy Cardio Warm-up

Set 1	3 min

Arm Swings

Set 1	1 min

Chest:

Barbell Bench Press

🎯 Aim: 3 × 7 @ 90 / 90 / 85 lb

⏮️ Last time (Sep 19): 7 @ 95 lb · 7 @ 85 lb · 7 @ 75 lb

Warm-up	8 @ 45 lb	
Set 1	7 @ 90 lb	7.5 · 2–3 left
Set 2	7 @ 90 lb	
Set 3	7 @ 85 lb	8 · 2 left

Last two reps of the final set were ugly. Staying at this weight until they're clean.

Incline Barbell Bench Press

🎯 Aim: 3 × 5 @ 95 / 95 / 105 lb

⏮️ Last time (Oct 13): 6 @ 75 lb · 6 @ 85 lb · 6 @ 105 lb

Warm-up	8 @ 55 lb	
Set 1	5 @ 95 lb	
Set 2	5 @ 95 lb	8 · 2 left
Set 3	5 @ 105 lb	7.5 · 2–3 left

Last two reps of the final set were ugly. Staying at this weight until they're clean.

Dumbbell Bench Press

🎯 Aim: 3 × 7 @ 20 lb each

⏮️ Last time (Sep 15): 9 @ 20 lb each · 9 @ 25 lb each · 9 @ 20 lb each

Set 1	7 @ 20 lb each	
Set 2	7 @ 20 lb each	7 · 3 left
Set 3	7 @ 20 lb each	8.5 · 1–2 left

First set felt stiff; by the second one it was moving well. Warm up a bit longer next time.

Triceps:

Close-Grip Bench Press

🎯 Aim: 4 × 8 @ 100 lb

⏮️ Last time (Oct 17): 8 @ 100 lb · 8 @ 95 lb · 8 @ 100 lb · 8 @ 100 lb

Warm-up	7 @ 80 lb	
Set 1	8 @ 100 lb	7 · 3 left
Set 2	6 @ 100 lb	
Set 3	8 @ 100 lb	8 · 2 left
Set 4	8 @ 100 lb	8.5 · 1–2 left

Cool-down:

Doorway Chest Stretch

Set 1	1 min

Behind-the-Back Chest Stretch

Set 1	1 min

POST Whey 20 g

COMMENTS:

Felt strong today.

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SLEEP: 7 h

Slept great.

WEDNESDAY

Wed, Oct 28, 2026

DIET: Multivitamin

~7:30 AM BREAKFAST

Oats, banana, eggs

~10:00 AM

Greek yogurt and berries

~1:00 PM LUNCH

Chicken, rice, broccoli

~4:00 PM

Protein bar

~7:00 PM DINNER

Salmon, potatoes, salad

~10:00 PM BEFORE BED

Cottage cheese

AT BED Casein 20 g

Nutrition	Goal	Actual
Fat	15% - 416 cal = 46g	42 g
Protein	25% - 694 cal = 173g	165 g
Carb	60% - 1665 cal = 416g	362 g

Goal: 2775 cal a day

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THURSDAY

Thu, Oct 29, 2026 · 🔥 22

WORKOUT: PULL

PRE Creatine 5 g

GYM Whey 20 g

Start 5:40 PM · End 6:38 PM · Total 58 min

Warm-up:

Easy Cardio Warm-up

Set 1	3 min

World's Greatest Stretch

Set 1	1 min

Traps:

Dumbbell Shrug

🎯 Aim: 3 × 8 @ 25 lb each

⏮ Last time (Oct 24): 3 × 11 @ 25 lb each

Set 1	8 @ 25 lb each	
Set 2	8 @ 25 lb each	
Set 3	8 @ 25 lb each	9.5 · 0–1 left

Rested a bit longer before the last set and it paid off: every rep felt solid.

Biceps:

Hammer Curl + Extra set

🎯 Aim: 3 × 7 @ 25 lb each

⏮ Last time (Oct 24): 9 @ 25 lb each

Set 1	7 @ 25 lb each	
Set 2	7 @ 25 lb each	7 · 3 left
Set 3	7 @ 25 lb each	9.5 · 0–1 left

Lower back:

Deadlift

🎯 Aim: 3 × 5 @ 110 lb

⏮ Last time (Oct 24): 3 × 5 @ 110 lb

Set 1	5 @ 110 lb	7 · 3 left
Set 2	5 @ 110 lb	8 · 2 left
Set 3	5 @ 110 lb	

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Biceps:

Drag Curl

🎯 Aim: 3 × 10

⏮ First time doing this exercise

Set 1	10 @ 105 lb	9.5 · 0–1 left
Set 2	10 @ 115 lb	9.5 · 0–1 left
Set 3	10 @ 115 lb	8 · 2 left

Lats:

Chin-up

🎯 Aim: 3 × 6

⏮ Last time (Sep 28): 3 × 8 reps

Set 1	6 reps	
Set 2	6 reps	
Set 3	5 reps	7.5 · 2–3 left

Biceps:

Concentration Curl

🎯 Aim: 3 × 8 @ 25 lb per side

⏮ Last time (Oct 6): 10 @ 25 lb per side · 10 @ 30 lb per side · 10 @ 20 lb per side

Set 1	8 @ 25 lb per side	7 · 3 left
Set 2	8 @ 25 lb per side	8 · 2 left
Set 3	8 @ 25 lb per side	8 · 2 left

Lats:

One-Arm Dumbbell Row

🎯 Aim: 3 × 6 @ 25 lb per side

⏮ Last time (Sep 12): 6 @ 25 lb per side · 4 @ 25 lb per side · 6 @ 25 lb per side

Set 1	6 @ 25 lb per side	9 · 1 left
Set 2	6 @ 25 lb per side	8.5 · 1–2 left
Set 3	6 @ 25 lb per side	7.5 · 2–3 left

Go up next time.

Side delts:

Cable Y-Raise

🎯 Aim: 2 × 7 @ 60 lb

⏮ Last time (Oct 17): 2 × 7 @ 65 lb

Set 1	7 @ 60 lb	
Set 2	7 @ 60 lb	7 · 3 left

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

Lats:

Pullover Machine

🎯 Aim: 3 × 6 @ 60 lb

⏮️ Last time (Oct 15): 6 @ 60 lb · 6 @ 65 lb · 8 @ 60 lb

Set 1	6 @ 65 lb	8 · 2 left
Set 2	6 @ 60 lb	8 · 2 left
Set 3	6 @ 65 lb	

Slow on the way down (3 seconds). Same weight as last week, but it felt heavier.

Traps:

Farmer's Carry

🎯 Aim: 3 × 20s @ 25 lb each

⏮️ Last time (Oct 27): 25s @ 30 lb each · 25s @ 35 lb each · 25s @ 30 lb each

Set 1	20s @ 25 lb each	9.5 · 0–1 left
Set 2	20s @ 25 lb each	8 · 2 left
Set 3	20s @ 25 lb each	

Go up next time.

Forearms:

Barbell Wrist Curl

🎯 Aim: 3 × 6 @ 80 lb

⏮️ Last time (Oct 24): 6 @ 85 lb · 6 @ 80 lb · 6 @ 80 lb

Set 1	6 @ 80 lb	7.5 · 2–3 left
Set 2	6 @ 80 lb	8 · 2 left
Set 3	5 @ 80 lb	9 · 1 left

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

Traps:

Dumbbell Shrug 🔥 Heavy day

🎯 Aim: 2 × 12 @ 35 lb each

⏮️ Last time (Oct 24): 2 × 15 @ 30 lb each

Set 1	12 @ 35 lb each 🏆 PR	
Set 2	12 @ 35 lb each	8 · 2 left

Dumbbell Shrug

🎯 Aim: 3 × 8 @ 20 lb each

⏮️ Last time (Oct 24): 2 × 15 @ 30 lb each

Set 1	15 @ 30 lb each	
Set 2	15 @ 30 lb each	8.5 · 1–2 left
Set 3	15 @ 30 lb each	7 · 3 left

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Cool-down:

Child's Pose

Set 1 1 min

Cross-Body Shoulder Stretch

Set 1 1 min

POST Whey 20 g

COMMENTS:

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THURSDAY

Thu, Oct 29, 2026

SLEEP: 8 h

Woke up once.

DIET: Multivitamin

~7:30 AM BREAKFAST

Oats, banana, eggs

~10:00 AM

Greek yogurt and berries

~1:00 PM LUNCH

Chicken, rice, broccoli

~4:00 PM

Protein bar

~7:00 PM DINNER

Salmon, potatoes, salad

~10:00 PM BEFORE BED

Cottage cheese

AT BED Casein 20 g

Nutrition	Goal	Actual
Fat	15% - 416 cal = 46g	41 g
Protein	25% - 694 cal = 173g	161 g
Carb	60% - 1665 cal = 416g	413 g

Goal: 2775 cal a day

rack n

FRIDAY

Fri, Oct 30, 2026 · 🔥 23

WORKOUT: LEGS

PRE Creatine 5 g

GYM —

Start 5:40 PM · End 6:29 PM · Total 50 min

Warm-up:

Easy Cardio Warm-up

Set 1	3 min

Open Book

Set 1	1 min

Lower back:

Deadlift + Extra set

🎯 Aim: 4 × 4 @ 115 / 110 / 115 / 115 lb

⏮️ Last time (Oct 29): 2 × 5 @ 110 lb

Set 1	4 @ 115 lb	
Set 2	4 @ 110 lb	9.5 · 0–1 left
Set 3	4 @ 115 lb	8 · 2 left
Set 4	4 @ 115 lb	8 · 2 left

Go up 5 lb next time.

Quads:

Pendulum Squat

🎯 Aim: 3 × 9 @ 55 / 65 / 65 lb

⏮️ Last time (Oct 12): 10 @ 50 lb · 8 @ 60 lb · 10 @ 70 lb · 10 @ 70 lb

Set 1	9 @ 55 lb	
Set 2	9 @ 65 lb	9 · 1 left
Set 3	9 @ 65 lb	8 · 2 left

Paused for a second at the top of every rep. Much harder, but cleaner.

Glutes:

Cable Pull Through

🎯 Aim: 3 × 7 @ 40 lb

⏮️ Last time (Oct 12): 3 × 9 @ 40 lb

Set 1	7 @ 40 lb	
Set 2	7 @ 40 lb	
Set 3	7 @ 40 lb	8 · 2 left

Dumbbell Hip Thrust

🎯 Aim: 2 × 6 @ 20 lb

⏮️ Last time (Oct 8): 6 @ 15 lb · 8 @ 30 lb · 8 @ 20 lb

Set 1	6 @ 20 lb	8.5 · 1–2 left
Set 2	6 @ 20 lb	

Quads:

Walking Lunge

🎯 Aim: 3 × 6 @ 25 lb each

⏮️ Last time (Oct 16): 6 @ 25 lb each · 6 @ 30 lb each · 6 @ 25 lb each

Set 1	6 @ 25 lb each	9.5 · 0–1 left
Set 2	4 @ 25 lb each	
Set 3	6 @ 30 lb each	7 · 3 left

Rested a bit longer before the last set and it paid off: every rep felt solid.

Hamstrings:

Glute-Ham Raise

🎯 Aim: 3 × 8

⏮️ First time doing this exercise

Set 1	8 reps	9 · 1 left
Set 2	8 reps	
Set 3	8 reps	7.5 · 2–3 left

Tried a slightly wider grip today. Felt it more in the target muscle, so keeping it.

Glutes:

Clamshells

🎯 Aim: 3 × 10

⏮️ First time doing this exercise

Set 1	10 reps	8 · 2 left
Set 2	9 reps	
Set 3	10 reps	9 · 1 left

Quads:

Leg Press

🎯 Aim: 2 × 3 @ 45 / 50 lb

⏮️ Last time (Oct 26): 4 @ 45 lb · 4 @ 50 lb

Set 1	3 @ 45 lb	8.5 · 1–2 left
Set 2	3 @ 50 lb	9.5 · 0–1 left

Go up next time.

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rack n

Abs:

Captain's Chair Leg Raise

🎯 Aim: 3 × 14

⏮ Last time (Oct 16): 3 × 14 reps

Set 1	14 reps	
Set 2	14 reps	7.5 · 2–3 left
Set 3	14 reps	

Mountain Climbers

🎯 Aim: 3 × 40s

⏮ Last time (Sep 14): 3 × 40s

Set 1	40s	9.5 · 0–1 left
Set 2	40s	
Set 3	40s	

Obliques:

Horizontal Pallof Press

🎯 Aim: 3 × 11 @ 70 / 70 / 65 lb

⏮ Last time (Sep 18): 12 @ 70 lb · 12 @ 75 lb · 12 @ 65 lb

Set 1	11 @ 70 lb	7 · 3 left
Set 2	10 @ 70 lb	7 · 3 left
Set 3	11 @ 65 lb	8.5 · 1–2 left

Low to High Wood Chop with Band

🎯 Aim: 3 × 13

⏮ First time doing this exercise

Set 1	13 reps	7 · 3 left
Set 2	13 reps	9 · 1 left
Set 3	13 reps	7.5 · 2–3 left

Cool-down:

Seated Spinal Twist

Set 1	1 min

Cobra Stretch

Set 1	1 min

POST Whey 20 g

COMMENTS:

Gym was packed; swapped the cable work.

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FRIDAY

SLEEP: 8.5 h

Fri, Oct 30, 2026

DIET: Multivitamin

~7:30 AM BREAKFAST

Oats, banana, eggs

~10:00 AM

Greek yogurt and berries

~1:00 PM LUNCH

Chicken, rice, broccoli

~4:00 PM

Protein bar

~7:00 PM DINNER

Salmon, potatoes, salad

~10:00 PM BEFORE BED

Cottage cheese

AT BED Casein 20 g

Nutrition	Goal	Actual
Fat	15% - 416 cal = 46g	41 g
Protein	25% - 694 cal = 173g	164 g
Carb	60% - 1665 cal = 416g	430 g

Goal: 2775 cal a day

rack n

SATURDAY

Sat, Oct 31, 2026 · 🔥 24

WORKOUT: PUSH WITH FRANCIS

PRE Creatine 5 g

GYM —

Start 5:40 PM · End 6:41 PM · Total 1 h 01 min

Warm-up:

Easy Cardio Warm-up

Set 1	3 min

Scapular Retractions

Set 1	1 min

Chest:

Decline Bench Press

🎯 Aim: 3 × 5 @ 90 / 90 / 95 lb

⏮️ Last time (Oct 27): 7 @ 70 lb · 7 @ 70 lb · 7 @ 70 lb · 5 @ 70 lb

Warm-up	7 @ 65 lb	
Set 1	5 @ 100 lb	8 · 2 left
Set 2	5 @ 90 lb	
Set 3	3 @ 95 lb	7 · 3 left

Took a longer break than usual before the final set, since it was heavier than my usual weight. Failed at 3 reps; rep 4 had poor form, so I don't count it.

Front delts:

Seated Dumbbell Shoulder Press 💧 Volume day

🎯 Aim: 5 × 13 @ 20 lb each

⏮️ Last time (Oct 13): 10 @ 25 lb each · 10 @ 30 lb each · 10 @ 25 lb each · 10 @ 30 lb each

Set 1	13 @ 20 lb each 🏆 PR	8 · 2 left
Set 2	13 @ 20 lb each	
Set 3	13 @ 20 lb each	7.5 · 2–3 left
Set 4	13 @ 20 lb each	7 · 3 left
Set 5	13 @ 20 lb each	

Rear delts:

Dumbbell Rear Delt Row

🎯 Aim: 3 × 9 @ 25 lb each

⏮️ Last time (Sep 19): 10 @ 30 lb each · 10 @ 30 lb each · 10 @ 25 lb each

Set 1	9 @ 25 lb each	
Set 2	9 @ 25 lb each	7 · 3 left
Set 3	9 @ 25 lb each	8 · 2 left

Smooth.

Chest:

Cobra Push-Up

🎯 Aim: 3 × 7

⏮️ Last time (Sep 11): 3 × 9 reps

Set 1	7 reps	8.5 · 1–2 left
Set 2	7 reps	8 · 2 left
Set 3	7 reps	

Triceps:

Close-Grip Bench Press 🔥 Heavy day

🎯 Aim: 4 × 5 @ 115 lb

⏮️ Last time (Oct 28): 8 @ 100 lb · 6 @ 100 lb · 8 @ 100 lb · 8 @ 100 lb

Warm-up	8 @ 90 lb	
Set 1	5 @ 115 lb	
Set 2	5 @ 115 lb 🏆 PR	
Set 3	5 @ 115 lb	8.5 · 1–2 left
Set 4	5 @ 115 lb	

Chest:

Pec Deck

🎯 Aim: 3 × 8 @ 70 / 65 / 65 lb

⏮️ Last time (Oct 13): 9 @ 80 lb · 10 @ 60 lb · 10 @ 60 lb

Set 1	8 @ 70 lb	8.5 · 1–2 left
Set 2	8 @ 65 lb	
Set 3	8 @ 65 lb	8.5 · 1–2 left

Traps:

Barbell Shrug

🎯 Aim: 3 × 7 @ 105 lb

⏮️ Last time (Oct 22): 4 @ 125 lb · 4 @ 125 lb · 4 @ 130 lb

Set 1	7 @ 105 lb	
Set 2	7 @ 105 lb	7.5 · 2–3 left
Set 3	7 @ 105 lb	7 · 3 left

Grip slipped on the last set.

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rack n

Triceps:

Overhead Cable Extension

🎯 Aim: 3 × 31 @ 75 / 70 / 75 lb

⏮️ Last time (Oct 22): 28 @ 80 lb · 29 @ 75 lb · 30 @ 80 lb

Set 1	28 @ 75 lb	9 · 1 left
Set 2	29 @ 70 lb	7 · 3 left
Set 3	30 @ 75 lb	9 · 1 left

Chest:

Smith Machine Incline Press

🎯 Aim: 3 × 5 @ 90 / 95 / 95 lb

⏮️ Last time (Oct 27): 5 @ 95 lb · 5 @ 100 lb · 5 @ 100 lb

Warm-up	8 @ 90 lb	
Set 1	5 @ 90 lb	7 · 3 left
Set 2	5 @ 95 lb	9.5 · 0–1 left
Set 3	5 @ 95 lb	9.5 · 0–1 left

Left shoulder a bit tight.

Side delts:

Dumbbell Lateral Raise

🎯 Aim: 3 × 7 @ 20 lb each

⏮️ Last time (Sep 26): 3 × 8 @ 20 lb each

Set 1	7 @ 20 lb each	8 · 2 left
Set 2	7 @ 20 lb each	8 · 2 left
Set 3	7 @ 20 lb each	9 · 1 left

Triceps:

Triceps Dip

🎯 Aim: 3 × 6

⏮️ Last time (Sep 19): 3 × 8 reps

Set 1	6 reps	9 · 1 left
Set 2	6 reps	9.5 · 0–1 left
Set 3	6 reps	

Chest:

Floor Press

🎯 Aim: 3 × 8 @ 90 / 95 / 90 lb

⏮️ Last time (Oct 13): 7 @ 85 lb · 7 @ 100 lb · 7 @ 85 lb

Warm-up	8 @ 70 lb	
Set 1	8 @ 90 lb 🏆 PR	7.5 · 2–3 left
Set 2	8 @ 100 lb 🏆 PR	9 · 1 left
Set 3	8 @ 95 lb	8.5 · 1–2 left

Set 1 felt easier than normal, so I went up for the second set and back down on the third one.

Cool-down:

Cross-Body Shoulder Stretch

Set 1 1 min

Doorway Chest Stretch

Set 1 1 min

POST Whey 20 g

COMMENTS:

Today was the day after a holiday, and I stayed up until 3 AM the night before. I still haven't had anything to eat, but I did drink my black coffee as usual. The heaviest exercise was the decline bench press, even though I got a PR. Next time I should have at least a banana or something, because I'm really hungry.

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SATURDAY

SLEEP: 6.5 h

Sat, Oct 31, 2026

DIET: Multivitamin

~7:30 AM BREAKFAST

Oats, banana, eggs

~10:00 AM

Greek yogurt and berries

~1:00 PM LUNCH

Chicken, rice, broccoli

~4:00 PM

Protein bar

~7:00 PM DINNER

Salmon, potatoes, salad

~10:00 PM BEFORE BED

Cottage cheese

AT BED Casein 20 g

Nutrition	Goal	Actual
Fat	15% - 416 cal = 46g	46 g
Protein	25% - 694 cal = 173g	185 g
Carb	60% - 1665 cal = 416g	374 g

Goal: 2775 cal a day

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END OF WEEK METRICS

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Body weight	171.4 lb
Body fat %	17.2 %
	▲ 0.3 since last time
Muscle weight	136.1 lb

DIET ADJUSTMENTS:

Add a second scoop of whey after legs.

Calories	2775 cal

CIRCUMFERENCES:

Chest	41 in
Biceps R	15.2 in
Biceps L	15 in
Abdominals 1	33 in
Abdominals 2	32.5 in
Abdominals 3	32.5 in
Abdominals 4	33 in
Legs	24 in
Calves	15.5 in


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