

**BUILT**LEAN

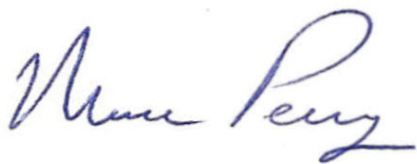
## **Free Workout Log Templates**

**By Marc Perry, CSCS, CPT**

Dear Fitness Enthusiast,

I hope you enjoy this free guide and it helps you achieve your personal fitness goals. I also hope you use BuiltLean as a resource to help you get the lean, strong, fit body you deserve.

Best,  
Marc

A handwritten signature in blue ink that reads "Marc Perry". The signature is fluid and cursive, with the first name "Marc" and last name "Perry" clearly distinguishable.

Marc Perry, CSCS, CPT  
Creator, BuiltLean



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# 8-Week Program To Get Lean & Ripped

## Only 3 Workouts Per Week



**Here's More:**

- ✓ **The Power Of Strength Circuits™** – If you are busy and don't have much time, our strength circuits™ method will help you transform your body faster than you ever thought possible.
- ✓ **Customers In Over 90 Countries** – The BuiltLean Program is designed to help you shed fat as fast as possible while retaining, or increasing muscle mass. It works so well we now have customers in over 90 countries.
- ✓ **Media Outlets Are Raving** – From BusinessWeek to Men's Fitness, Program creator Marc Perry has been featured as the go-to fitness expert for busy professionals.
- ✓ **A Program Based On Science** – The BuiltLean Program has been medically reviewed and evaluated by an Ivy League educated Registered Dietician.

[www.BuiltLean.com/Program](http://www.BuiltLean.com/Program)

# Training Calendar

## How to use the Training Calendar

- Fill in the workout name under each day you plan to complete it, then mark days where you will not be working out as "rest".

# TRAINING CALENDAR

## Month 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest
Week 2	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest
Week 3	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest
Week 4	Full Body A	Rest	Hill Sprints	Full Body B	Rest	Yoga	Rest

## Month 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest
Week 2	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest
Week 3	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest
Week 4	Upper Body A	Rest	Lower Body A	Kickboxing	Rest	Full Body C	Rest

## Month 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest
Week 2	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest
Week 3	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest
Week 4	Full Body D	Rest	Treadmill Intervals	Full Body E	Rest	Power Yoga	Rest

TRAINING CALENDAR

Month 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Month 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

Month 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

# Workout Log Template #1

## How to use the Daily Workout Log Template:

- Before starting your workout, fill in the sheet with all your workout information, leaving just the boxes in the center of the sheet under "Exercises" blank. When you are at the gym, fill in all the blank boxes.
- "TR" stands for Targeted Reps, or the number of reps you plan on completing for a given exercise set, "AR" stands for Actual Reps you complete, and "W" stands for the weight you used, "F" stands for completing as many reps as possible to failure, and "RBS" stands for Rest Between Sets. Finally, brackets are used to connect exercises that are completed as circuits (i.e. completed back to back with little to no rest).
- When filling in the sheet, "BW" indicates body weight.

# BUILTLEAN

Date: 1/25/12

Workout:

Full Body

Name: Marc Perry

Workout #: 2

## Workout Paramaters

Primary Muscles Full Body  
Total # of Sets 19  
Total # of Reps (reps x sets) 242  
Length: 60 Minutes

## Warm Up

5 Mins Foam Roll (upper back, lats, calves, quads, piriformis)  
5 mins Dynamic Stretching (lunge with a lean, lateral lunges, leg kicks, arm circles)

Exercises	TR	AR	W	TR	AR	W	TR	AR	W	RBS
Bench Step Ups with DB's	24	24	40	24	20	40	24	18	40	0s
Push Ups	F	50	BW	F	30	BW	F	15	BW	60s
DB Row	12	12	70	12	10	70	12	10	70	0s
DB Shoulder Press	12	12	60	12	10	60	12	8	60	0s
Triceps Pressdown	10	20	40	24	20	40	24	20	40	60s
Hanging Abs Raise	20	20	BW	20	18	BW				
Bird Dog on Exercise Ball	20	20	BW	20	20	BW				

## Aerobic/Intervals/Stretching

Jump Rope - 1000 Reps (200 reps each set, 60-90 seconds rest between sets)  
Stretching - 5 mins of stretching (Hamstrings, Quads, Calves, Hips, Shoulders)

## Comments/Notes

Pairing Bench Step Ups with Push Ups really taxed my cardiovascular system. I felt very out of breath, which affected my ability to complete more push-ups and generally my strength levels the rest of the workout. I need to work on improving cardio and consider pairing push ups with a less taxing exercise.



BUILTLEAN

Date:Workout:

Name:

Workout #:

Workout Paramaters

Primary Muscles

Total # of Sets

Total # of Reps (reps x sets)

Length:

Warm Up

Exercises	TR	AR	W	TR	AR	W	TR	AR	W	RBS

Aerobic/Intervals/Stretching

Comments/Notes

# Workout Log Template #2

## How to use the Monthly Workout Log Template:

- Before starting your workout, fill in the exercises you plan to complete along with the targeted sets and reps.
- Within the first Workout 1 row, you will write down the actual weight and reps you completed for each set. You will then move on to the next exercise and fill in the weight and reps for each set for the row Workout 1. If you intend to pair exercises together in a circuit, you can use brackets as I show in the example sheet.
- You'll notice that there are 10 exercise rows with 5 sets across, which equates to 50 total sets that can be completed on this sheet. For your workout, you will more likely only use about half, or less of the sheet. I included these extra exercise rows and columns to give you more flexibility when creating your workout.
- When filling in the sheet, "BW" indicates body weight and "F" stands for completing as many reps as possible to failure.

# BUILTLEAN

Workout:

Full Body #1

Name:

Marc Perry

Exercise	Sets	Reps	Set1	Set2	Set3	Set4	Set5	Rest
Front Squats								
Workout 1	3	12	185/12	185/10	185/8			0
Workout 2	3	12	195/12	195/8	195/6			0
Workout 3	3	10	205/10	205/8	205/6			0
Workout 4	3	10	205/10	205/10	205/8			0
Forward Lunges with DB's								
Workout 1	3	12	50/12	50/8	50/6			60
Workout 2	3	12	50/12	50/10	50/8			60
Workout 3	3	10	55/10	55/8	55/6			60
Workout 4	3	10	55/10	55/10	55/8			60
DB Bench Press								
Workout 1	3	12	185/12	185/10	185/8			0
Workout 2	3	12	195/12	195/8	195/6			0
Workout 3	3	10	205/10	205/8	205/6			0
Workout 4	3	10	205/10	205/10	205/8			0
Pull-Ups								
Workout 1	3	F	BW/18	BW/13	BW/10			0
Workout 2	3	F	BW/19	BW/15	BW/19			0
Workout 3	3	F	BW/20	BW/20	BW/20			0
Workout 4	3	F	BW/22	BW/22	BW/22			0
DB Shoulder Press								
Workout 1	3	12	50/12	50/10	50/8			60
Workout 2	3	12	50/12	50/12	50/10			60
Workout 3	3	10	55/10	55/8	55/6			60
Workout 4	3	10	55/10	55/10	55/6			60
Hanging Abs Raise								
Workout 1	3	15	BW/15	BW/13	BW/12			0
Workout 2	3	15	BW/15	BW/14	BW/13			0
Workout 3	3	20	BW/20	BW/18	BW/16			0
Workout 4	3	20	BW/20	BW/19	BW/19			0
Bird Dog on Exercise Ball								
Workout 1	3	12	BW/12	BW/12	BW/12			60
Workout 2	3	12	BW/12	BW/12	BW/12			60
Workout 3	3	10	BW/10	BW/10	BW/10			60
Workout 4	3	10	BW/10	BW/10	BW/10			60
Hip Extension								
Workout 1	2	12	BW/12	BW/12				60
Workout 2	2	12	BW/12	BW/12				60
Workout 3	2	10	BW/10	BW/10				60
Workout 4	2	10	BW/10	BW/10				60
Workout 1								
Workout 2								
Workout 3								
Workout 4								
Workout 1								
Workout 2								
Workout 3								
Workout 4								

# BUILTLEAN

Workout:

Name:

Exercise	Sets	Reps	Set1	Set2	Set3	Set4	Set5	Rest
Workout 1								
Workout 2								
Workout 3								
Workout 4								
Workout 1								
Workout 2								
Workout 3								
Workout 4								
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## About BuiltLean

BuiltLean is a private company based in New York City that develops fitness programs and produces free articles and videos that empower busy professionals to reveal their fitness potential. BuiltLean offers personal training, nutrition counseling, and group fitness services, and is the producer of BuiltLean Program, an 8 week body transformation program that requires only 3 short workouts per week.

# BUILTLEAN

## About Marc Perry, CSCS, ACE-CPT

Marc is the creator of BuiltLean. Marc is one of the most sought after fitness experts and coaches in the world and has been featured on TV for his expertise in helping busy professionals get lean, toned physiques with strength circuits.

A Yale graduate and former investment analyst, Marc has dedicated his life to helping others improve their health. He is a Certified Strength & Conditioning Specialist (National Strength & Conditioning Association) and a Certified Personal Trainer (American Council on Exercise).

You can connect with Marc on Facebook ([www.facebook.com/BuiltLean](http://www.facebook.com/BuiltLean)), or Twitter ([www.twitter.com/builtlean](http://www.twitter.com/builtlean)). Press inquiries should be directed to [press@builtlean.com](mailto:press@builtlean.com).



## 8-Week BuiltLean Program ([www.BuiltLean.com/Program](http://www.BuiltLean.com/Program))

If you want a plan that takes the guesswork out of getting the best results possible, you can get it below.

