



RAW Real RAW 3 Worksheet

Date:

Exercise	Round 1 Weights/Reps	Round 2 Weights/Reps	Round 3 Weights/Reps	Notes
One Arm Back Row -Right Arm -Left Arm Cardio Rest				
One Arm Chest Press -Right Arm -Left Arm Cardio Rest				2 nd round is alternating one leg up 3 rd round both legs up
One Arm Bicep Curl -Right Arm -Left Arm				2 nd round on one leg 3 rd round on other leg
Lateral Raises				2 nd round leg back 3 rd round other leg back
Squat Segment -Unweighted squats -Weighted Squats Right Left -Side to side Narrow Squats				2 nd and 3 rd rounds alternate one leg squats
Double Arm Kickbacks				2 nd and 3 rd rounds alternate one leg back
Side to Side Bench Jumps				
Burnout Circuit #1 -Alternating Bentover Rows -Palms Up Chest Press -Alternating Hammer Curls -Alternating Front Raise -Tricep Extension				



RAW Real RAW 3 Worksheet

Exercise	Round 1 Weights/Reps	Round 2 Weights/Reps	Round 3 Weights/Reps	Notes
Burnout Circuit #2 -Alternating Bentover Rows -Pec Deck -Alternating Hammer Curls -Tricep Extension -Butterfly Press				

Additional Notes: