



RAW Descending Upper Body Pyramid Worksheet

Date:

Notes:

Exercise	Round 1 Weights/Reps	Round 2 Weights/Reps	Round 3 Weights/Reps	Notes
One Arm Back Row -Right Arm -Left Arm				
Abs: Knee In Off Bench				
Cable or DB Rows				
Abs: Knee Drop Plank				
Shoulder Press				
Abs: Lower Leg Lifts				
Lateral Raises				
Abs: Crunches				
Bent Over Lateral Raise				
Abs: Scissors (Up and Down)				
Skull Crushers				
Abs: Sit Ups w/Weights				
T Press				
Abs: Upper/Lower Crunch				
Chest Flyes				
Abs: Alternating Scissors				
Bench Press				
Abs: Russian Twists				
Hammer Curls				
Abs: Side Bends				
Front Curls				
Abs: Rotating Trunk Twist				