



RAW Strength Series Total Body Worksheet

Date:

Exercise	Round 1 Wts/Reps	Round 2 Wts/Reps	Round 3 Wts/Reps	Notes
Modified Pullovers				
Bicep Curls				
Squat/Reverse Lunge				
Bench Press				
Weighted Dips				
Alternating Front Lunges				
Upright Rows				

Additional Notes: