

ATX SELECT — LIFT CARD

NAME: _____

GROUP: 1 / 2

Write WEIGHT x REPS in each box (example: 95 x 8). All reps clean two workouts in a row → GO UP NEXT TIME.

WORKOUT A	Trap Bar DL (HEAVY)	Med Ball Chest Pass	Goblet Squat	Pull-up	KB Press in Lunge	Lateral/Curtsy Lunge	Carry Hold
Target →	8 reps @ ____ lbs	10 reps @ ____ lb ball	8 reps @ ____ lbs	Max reps (band: Y/N)	8/arm @ ____ lbs	5/side @ ____ lbs	Max time @ ____ lbs
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

WORKOUT B	Trap Bar DL (HEAVY)	Med Ball Rot. Throw	Split Squat + Rotation	1-Arm DB Row	DB Z Press	Superman Hold	Side Plank
Target →	8 reps @ ____ lbs	5/side @ ____ lb ball	8/leg @ ____ lbs	8/arm @ ____ lbs	8 reps @ ____ lbs	60 sec	Max time / side
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

LIFT HEAVY. The last 2 reps should be HARD. If all 8 feel easy — the weight is too light. GO UP.