



POWERPRIME

WEIGHTED VEST

TRAINING BOOK



POWERPRIME

BURN MORE CALORIES. LOSE MORE FAT. MORE YOU.

NAME

FROM

TO

TIMESPAN

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INTRODUCTION

Imagine a simple tool that can take your strength, endurance, and body control to the next level — without fancy equipment or a gym membership. The weighted vest is exactly that: an understated yet powerful training device that will transform your bodyweight workouts.

Every rep, every step, every move becomes more challenging — and more effective. Whether you're wearing it during a walk, a run, or while doing push-ups, pull-ups, or squats, you'll instantly burn more calories, build muscle faster, and strengthen your core and posture like never before.

In everyday life, a light vest helps you burn extra energy even during simple activities. It encourages better posture and can reduce back pain by activating your stabilizing muscles. In training, it pushes your limits — building functional strength, coordination, and core stability that translates into real-world performance.

Use it in cardio sessions, and you'll feel the difference: a short walk turns into a powerful conditioning workout. Intervals become more intense. You'll boost your cardiovascular fitness and maximize every minute you train.

And for those focused on muscle and strength: the weighted vest brings fresh intensity to familiar bodyweight exercises. Pull-ups become harder. Push-ups hit deeper. Squats feel heavier — and the results follow. All of this without the need for heavy gym equipment.

The best part? It adapts with you. Start light and increase the load as you get stronger. Whether you're a beginner building a foundation or an advanced athlete chasing new personal bests — the vest scales with your progress and unlocks a whole new level of training.

More intensity, more progress, more control over your body — all in just a few extra weight on your chest.

Get ready. Your own bodyweight was just the beginning. This is the next level.



YOUR BODY DATA

[illegible]

Day	Split definition

YOUR EXERCISES

Exercise	Description

Day	Split definition
1	Full Body 1
2	Rest
3	Full Body 2
4	Rest 30min walking with 5kg/11lbs Weighted Vest
5	Full Body 1
6	Rest
7	Full Body 2

YOUR EXERCISES

Full Body 1	Description
Squat	Weighted Vest Squat, 3x AMRAP (As many reps as possible), 45sec between sets
Push-up	Weighted Vest Push-up, 3x AMRAP, 45sec between sets
Lunge	Weighted Vest Lunge, 3x AMRAP, 45sec between sets
Pull-up Narrow	Weighted Vest Pull-up Narrow grip, 3x AMRAP, 45sec between sets
Inv-Row Wide	Weighted Vest Inverted-Row Wide grip, 3x AMRAP, 45sec between sets
Full Body 2	
Push-up	Weighted Vest push-up, 3x AMRAP, 45sec between sets
Side-lunge	Weighted Vest side Lunge, 3x AMRAP, 45sec between sets
Squat	Weighted Vest side Squat, 3x AMRAP, 45sec between sets
Inv-Row Narrow	Weighted Vest Inverted Row Narrow Grip, 45sec between sets
Pull-up Wide	Weighted Vest Pull-up Wide Grip, 45sec between sets

Day	Split definition
1	Full Body 1
2	Full Body 2
3	Rest optional 10-20mins walking with 5kg/11lbs Weighted Vest
4	Full Body 1
5	Rest optional 10-20mins walking with 5kg/11lbs Weighted Vest
6	Full Body 2
7	Rest optional 10-20mins walking with 5kg/11lbs Weighted Vest

YOUR EXERCISES

Full Body 1	Description
Squat	Weighted Vest Squat, 3x AMRAP (As many reps as possible), 45sec between sets
Push-up	Weighted Vest Push-up, 3x AMRAP, 45sec between sets
Lunge	Weighted Vest Lunge, 3x AMRAP, 45sec between sets
Pull-up Narrow	Weighted Vest Pull-up Narrow grip, 3x AMRAP, 45sec between sets
Inv-Row Wide	Weighted Vest Inverted-Row Wide grip, 3x AMRAP, 45sec between sets
Full Body 2	
Push-up	Weighted Vest push-up, 3x AMRAP, 45sec between sets
Side-lunge	Weighted Vest side Lunge, 3x AMRAP, 45sec between sets
Squat	Weighted Vest side Squat, 3x AMRAP, 45sec between sets
Inv-Row Narrow	Weighted Vest Inverted Row Narrow Grip, 45sec between sets
Pull-up Wide	Weighted Vest Pull-up Wide Grip, 45sec between sets

Day	Split definition
1	Full Body 1
2	Full Body 2
3	Rest
4	Full Body 1
5	Full Body 2
6	Rest
7	Rest optional 10-20mins walking with 5kg/11lbs Weighted Vest

YOUR EXERCISES

Full Body 1	Description
Squat	Weighted Vest Squat, 3x AMRAP (As many reps as possible), 45sec between sets
Push-up	Weighted Vest Push-up, 3x AMRAP, 45sec between sets
Lunge	Weighted Vest Lunge, 3x AMRAP, 45sec between sets
Pull-up Narrow	Weighted Vest Pull-up Narrow grip, 3x AMRAP, 45sec between sets
Inv-Row Wide	Weighted Vest Inverted-Row Wide grip, 3x AMRAP, 45sec between sets
Full Body 2	
Push-up	Weighted Vest push-up, 3x AMRAP, 45sec between sets
Side-lunge	Weighted Vest side Lunge, 3x AMRAP, 45sec between sets
Squat	Weighted Vest side Squat, 3x AMRAP, 45sec between sets
Inv-Row Narrow	Weighted Vest Inverted Row Narrow Grip, 45sec between sets
Pull-up Wide	Weighted Vest Pull-up Wide Grip, 45sec between sets

Day	Split definition
1	Full Body 1 - 5kg/11lbs Weighted Vest
2	Full Body 2 - 5kg/11lbs Weighted Vest
3	Rest optional 10-20mins walking with 5kg/11lbs Weighted Vest
4	Full Body 1 - 10kg/22lbs Weighted Vest
5	Full Body 2 - 10kg/22lbs Weighted Vest
6	Rest optional 10-20mins walking with 5kg/11lbs Weighted Vest
7	Rest

YOUR EXERCISES

Full Body 1	Description
Squat	Weighted Vest Squat, 3x AMRAP (As many reps as possible), 45sec between sets
Push-up	Weighted Vest Push-up, 3x AMRAP, 45sec between sets
Lunge	Weighted Vest Lunge, 3x AMRAP, 45sec between sets
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Full Body 2	
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Squat	Weighted Vest side Squat, 3x AMRAP, 45sec between sets
Inv-Row Narrow	Weighted Vest Inverted Row Narrow Grip, 45sec between sets
Pull-up Wide	Weighted Vest Pull-up Wide Grip, 45sec between sets

Day	Split definition
1	Full Body 1 - 5kg/11lbs Weighted Vest
2	Full Body 2 - 5kg/11lbs Weighted Vest
3	Full Body 1 - 10kg/22lbs Weighted Vest
4	Full Body 2 - 10kg/22lbs Weighted Vest
5	Rest optional 10-20mins walking with 5kg/11lbs Weighted Vest

YOUR EXERCISES

Full Body 1	Description
Squat	Weighted Vest Squat, 3x AMRAP (As many reps as possible), 45sec between sets
Push-up	Weighted Vest Push-up, 3x AMRAP, 45sec between sets
Lunge	Weighted Vest Lunge, 3x AMRAP, 45sec between sets
Pull-up Narrow	Weighted Vest Pull-up Narrow grip, 3x AMRAP, 45sec between sets
Inv-Row Wide	Weighted Vest Inverted-Row Wide grip, 3x AMRAP, 45sec between sets
Full Body 2	
Push-up	Weighted Vest push-up, 3x AMRAP, 45sec between sets
Side-lunge	Weighted Vest side Lunge, 3x AMRAP, 45sec between sets
Squat	Weighted Vest side Squat, 3x AMRAP, 45sec between sets
Inv-Row Narrow	Weighted Vest Inverted Row Narrow Grip, 45sec between sets
Pull-up Wide	Weighted Vest Pull-up Wide Grip, 45sec between sets

Date		Split No.	
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Cardio							

Date		Split No.	Full Body 1 (5kg/11lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Push-up, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Side Lunge, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

YOUR TRAINING DIARY

Date		Split No.	Full Body 1 (5kg/11lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Push-up, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Side Lunge, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

Date		Split No.	Full Body 1 (5kg/11lbs)
Phase	☐ Muscle building	☐ Definition	

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Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

Date		Split No.	Full Body 1 (5kg/11lbs)
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Exercise	Sets					Weight Repetitions	Note
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Cardio							

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Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

Date		Split No.	Full Body 1 (5kg/11lbs)
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Cardio							

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Cardio							

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Exercise	Sets					Weight Repetitions	Note
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Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
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Cardio							

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Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Push-up, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Side Lunge, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

Date		Split No.	Full Body 1 (5kg/11lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Push-up, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Side Lunge, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

YOUR TRAINING DIARY

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
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Cardio							

YOUR TRAINING DIARY



Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
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Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 1 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Cardio							

Date		Split No.	Full Body 2 (5kg/11lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Push-up, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Side Lunge, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Squat, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

Date		Split No.	Full Body 2 (5kg/11lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Push-up, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Side Lunge, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Squat, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Cardio							

Date		Split No.	Full Body 2 (5kg/11lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
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Weighted Vest Side Lunge, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Squat, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Inverted Row Narrow Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
Weighted Vest Pull-up Wide Grip, 45sec between sets	5kg/11lbs vest	5kg/11lbs vest	5kg/11lbs vest				
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YOUR TRAINING DIARY

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Date		Split No.	Full Body 2 (10kg/22lbs)
Phase	☐ Muscle building	☐ Definition	

Exercise	Sets					Weight Repetitions	Note
Weighted Vest Push-up, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Side Lunge, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
Weighted Vest Squat, 45sec between sets	10kg/22lbs vest	10kg/22lbs vest	10kg/22lbs vest				
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Cardio							

[illegible]

YOUR STRENGTH GAIN



Exercise	Weighted Vest Weight[kg/lbs]	Start Date	Reps	End Date	Reps
Squat					
Push-up					
Lunge					
Side-Lunge					
Pull-up Narrow					
Pull-up Wide					
Inv- Row Narrow					
Inv- Row Wide					



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