DIETER STEMMET · WORKOUT PREVIEW

THE LOG

2 WORKOUTS TO PREVIEW

Choose a workout.
Track your weights.
Repeat.

Illustrated sessions.
Working weights on the workout pages.

Choose a workout →

Get The Log — $29 →

START HERE

A WORKOUT FOR TODAY. A RECORD FOR NEXT TIME.

Choose a session

Open the focus index, select an entry, and check its equipment and exercises before starting. Use movements you know and loads you can control.

Follow the groups

Complete each superset or circuit in the printed order, then rest. A continued group spans more than one page: finish all its parts before resting. Follow any whole-course circuit instructions on the overview.

Log the total weight

Choose or type a weight beside the rep target. Add both hands together: two 10 kg dumbbells = 20 kg. BW means bodyweight. Enter assistance or another unit explicitly when needed.

Keep a session record

Enter the date and tick DONE on the final group page. Keep a dated copy before changing weights next session. Each field stores one current working weight; use the separate training journal for actual reps and detailed set records.

Open the download in a form-capable PDF reader. Fill one field, save, close and reopen it to confirm your reader keeps the entry.

READ THE TARGETS →

CHOOSE A WORKOUT

READ THE TARGETS

COUNTS, TIME AND ROUNDS.

Reps and sides

12–15 reps means 12 to 15 repetitions in a set. A count marked / arm, / leg or / side applies separately to each side. Preserve the printed convention when comparing sessions.

Time and distance

s means seconds; m means metres. Successive times such as 60s, 70s, 80s and 90s describe successive sets. A 20m shuttle* means 10m out and 10m back.

Sequences and ladders

25 / 20 / 15 / 10 gives four successive rep targets. A ladder such as 12 → 1* counts down by one repetition to one. Follow the rest guidance on the workout.

Sets and rounds

A superset has two exercises; a tri-set has three. Complete them in order for one round. A circuit can have more movements. A HOLD still has a set count.

Suggested targets *

An asterisk marks a target, round count, rest default or ladder convention added where the original notes were incomplete. It identifies edition guidance, separate from the original record.

The Log is a collection of sessions. Choose and repeat suitable workouts; the entry numbers are reference numbers rather than consecutive training days.

CONTENTS

CHOOSE A FOCUS.

Open a focus, then tap a workout. Each entry links to its exercise groups.

Full Body 1 workouts →

Legs 1 workouts →

FULL BODY

202 **The Body Pump**
Full Body · ~40 min

LEGS

002 **Quadzilla**
Legs · ~40 min

ENTRY 002 · Legs

QUADZILLA

Gym experience · ~40 MIN
REST 90–120s*

EQUIPMENT
Barbell / EZ bar · Gym machine

WARM-UP
Use the general warm-up in Start Here.

CHOOSE A GROUP

1 · SUPERSET · 4 rounds
back squat · lunge

2 · SUPERSET · 4 rounds
hack squat · air squat

3 · SUPERSET · 4 rounds
leg extension · hamstring curl

Choose or type a weight beside each target. Log the total across both hands: two 10 kg dumbbells = 20 kg. Save this PDF; keep dated copies for earlier sessions. BW = bodyweight.

* Suggested target or guidance added for this edition.

ALL WORKOUTS MORE GROUPS →

ENTRY 002 · Legs

QUADZILLA

CHOOSE A GROUP

4 · SUPERSET · 4 rounds
v-sit-up · plank

* Suggested target or guidance added for this edition.

ALL WORKOUTS

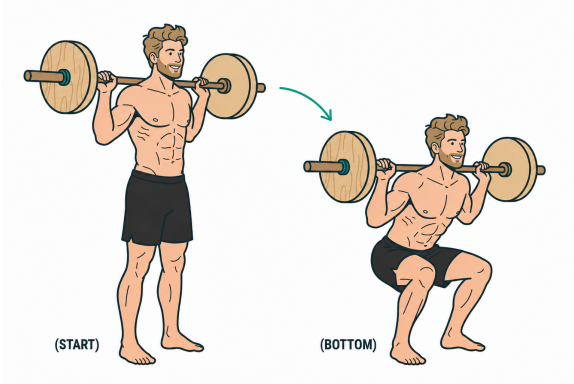
START WORKOUT →

ENTRY 002 · GROUP 1 / 4

QUADZILLA

SUPERSET · 4 rounds | REST 90–120s*

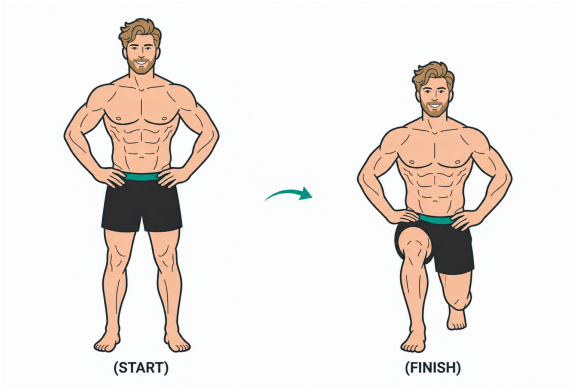
back squat



TARGET
12–15 reps

WEIGHT

lunge



TARGET
20 reps

WEIGHT

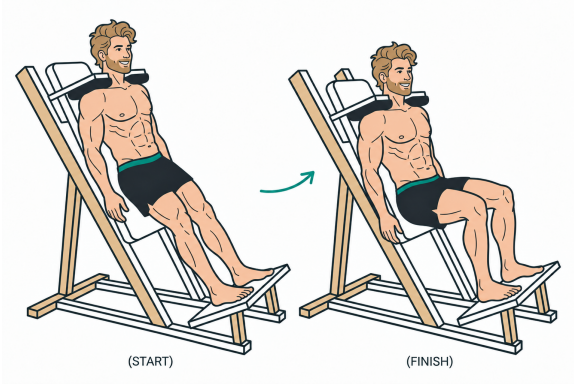
* = suggested target or guidance.

← WORKOUT INDEX NEXT GROUP →

QUADZILLA

SUPERSET · 4 rounds | REST 90–120s*

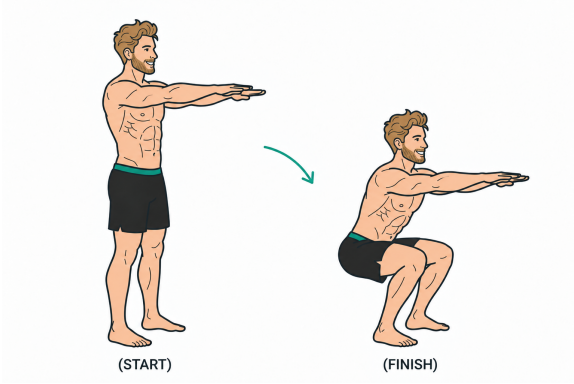
hack squat



TARGET
12–15 reps

WEIGHT

air squat



TARGET
20 reps

WEIGHT

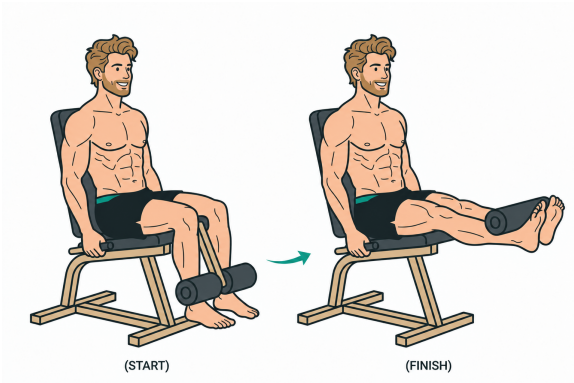
* = suggested target or guidance.

ENTRY 002 · GROUP 3 / 4

QUADZILLA

SUPERSET · 4 rounds | REST 90–120s*

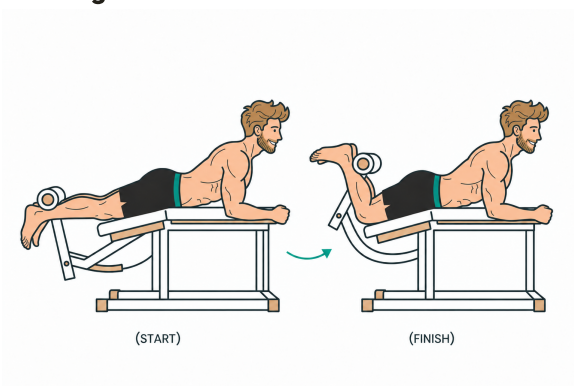
leg extension



TARGET
12–15 reps

WEIGHT

hamstring curl



TARGET
12–15 reps

WEIGHT

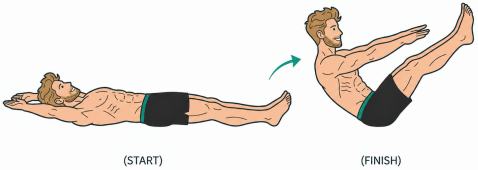
* = suggested target or guidance.

ENTRY 002 · GROUP 4 / 4

QUADZILLA

SUPERSET · 4 rounds | REST 90–120s*

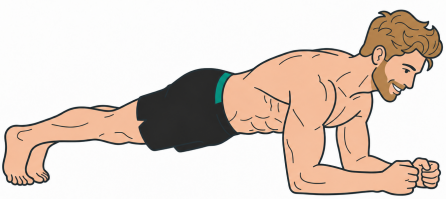
v-sit-up



TARGET
25–30 reps

WEIGHT

plank



TARGET
60s, 70s, 80s, 90s

WEIGHT

DONE

SESSION DATE

* = suggested target or guidance.

ENTRY 202 · Full Body

THE BODY PUMP

Gym experience · ~40 MIN
REST 90–120s*

EQUIPMENT

Bench · Box / step · Clear running space · Dumbbells · Weight plate

WARM-UP

some TRX rows and push-ups

The original diamond sets did not specify the decrement. The four rep targets shown are suggested for this edition; use a load that keeps every rep controlled.

CHOOSE A GROUP

1 · TRI-SET · 4 rounds
incline dumbbell press · seated overhead dumbbell extension · weighted russian twist

2 · TRI-SET · 4 rounds
bent-over dumbbell fly · concentration curl · weighted russian twist

3 · TRI-SET · 4 rounds
burpee · high knees · step sprint

Choose or type a weight beside each target. Log the total across both hands: two 10 kg dumbbells = 20 kg. Save this PDF; keep dated copies for earlier sessions. BW = bodyweight.

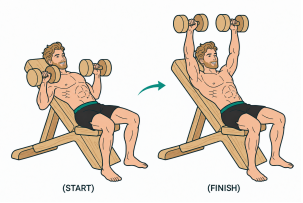
* Suggested target or guidance added for this edition.

ENTRY 202 · GROUP 1 / 3

THE BODY PUMP

TRI-SET · 4 rounds | REST 90–120s*

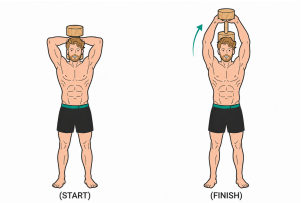
incline dumbbell press



TARGET
25 / 20 / 15 / 10 reps*

WEIGHT

seated overhead dumbbell extension



TARGET
25 / 20 / 15 / 10 reps*

WEIGHT

weighted russian twist



TARGET
26–30 reps

WEIGHT

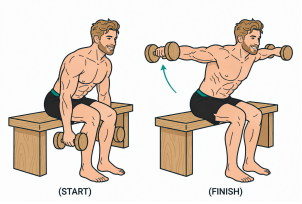
* = suggested target or guidance.

← WORKOUT INDEX NEXT GROUP →

THE BODY PUMP

TRI-SET · 4 rounds REST 90–120s*

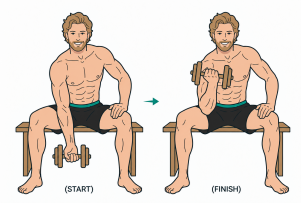
bent-over dumbbell fly



TARGET
25 / 20 / 15 / 10 reps*

WEIGHT

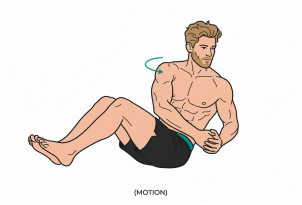
concentration curl



TARGET
25 / 20 / 15 / 10 reps*

WEIGHT

weighted russian twist



TARGET
26–30 reps

WEIGHT

* = suggested target or guidance.

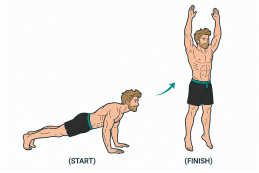
ENTRY 202 · GROUP 3 / 3

THE BODY PUMP

TRI-SET · 4 rounds

REST 90–120s*

burpee



TARGET

12–15 reps

WEIGHT

high knees

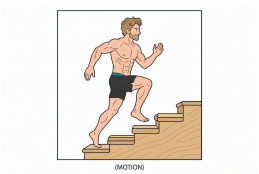


TARGET

12–15s

WEIGHT

step sprint



TARGET

12–15s

WEIGHT

☐ DONE

SESSION DATE

* = suggested target or guidance.

THE LOG · DIETER STEMMET

GET THE FULL LOG.

Choose a workout. Track your weights. Repeat.

304 workouts from Dieter Stemmet's training log, organized by focus and illustrated with movement references. Log working weights on the workout pages and save dated copies to keep earlier session records. Includes linked navigation, completion fields and a reusable training journal. Instant PDF download.

Get The Log — $29 →

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BACK TO PREVIEW