



12

WORKOUTS

32334.5 kg

VOLUME

203

SETS

161 min

AVG DURATION

REFLECTION NOTES

great progress so far

Fri, Jul 31, 2026 · DAY 2 — DELTS + TRICEPS + CHEST · August 26 V-Taper v2 · 50 min · 2530 kg

Seated Dumbbell Press	6 × 17.5kg · 6 × 20kg · 6 × 17.5kg
Lean-away DB lateral raise	10, 15 × 6kg
DB lateral raise (obustronnie)	2 × 10 × 6kg
Low-incline DB press	3 × 8 × 20kg
Chest-supported rear-delt row	12 × 10kg · 12 × 15kg · 12 × 10kg
Overhead DB/cable triceps ext.	10 × 12kg · 10 × 15kg · 10 × 12kg
Triceps Pushdown	10, 10, 12 × 20kg

Mon, Aug 3, 2026 · DAY 3 — V-TAPER + ARMS · August 26 V-Taper v2 · 54 min · 2887 kg

Dumbbell Incline Row	10 × 10kg · 8 × 22.5kg · 8 × 10kg
Lat Pulldown	10 × 55kg · 10 × 50kg · 10 × 50kg
Lying incline DB lateral raise	12 × 5kg · 12 × 6kg · 12 × 5kg · 12 × 5kg
Incline rear-delt fly	3 × 15 × 5kg
Superset: Spider curl (superseria) + DB skull crusher (superseria)	Set 1: b) 10x 10kg; Set 2: a) 10x 10kg, b) 10x 10kg; Set 3: a) 10x 10kg, b) 10x 10kg

Tue, Aug 4, 2026 · DAY 1 — BACK WIDTH + BICEPS · August 26 V-Taper v2 · 0 min

Wed, Aug 5, 2026 · DAY 1 — BACK WIDTH + BICEPS · August 26 V-Taper v2 · 1404 min · 2813 kg

Pullups	3 × 3 × 2kg
Lat Pulldown	4 × 8 × 55kg
One-arm DB row (lat bias)	3 × 8 × 22.5kg
Incline Dumbbell Curl	3 × 8 × 10kg
Hammer Curls	12, 12, 10 × 7.5kg

Fri, Aug 7, 2026 · DAY 2 — DELTS + TRICEPS + CHEST · August 26 V-Taper v2 · 40 min · 2362 kg

Seated Dumbbell Press	3 × 6 × 17.5kg
Lean-away DB lateral raise	2 × 15 × 6kg
DB lateral raise (obustronnie)	10 × 7.5kg · 10 × 6kg
Low-incline DB press	8 × 20kg · 8 × 20kg · 8 × 17.5kg
Chest-supported rear-delt row	12 × 7.5kg · 12 × 6kg · 12 × 7.5kg
Overhead DB/cable triceps ext.	10 × 18kg · 10 × 20kg · 10 × 20kg
Triceps Pushdown	12, 10 × 20kg

Mon, Aug 10, 2026 · DAY 3 — V-TAPER + ARMS · August 26 V-Taper v2 · 112 min · 3080 kg

Dumbbell Incline Row	3 × 8 × 22.5kg
Lat Pulldown	10 × 50kg · 10 × 45kg · 10 × 45kg
Lying incline DB lateral raise	15, 18, 15, 15 × 5kg
Incline rear-delt fly	3 × 15 × 5kg
Superset: Spider curl (superseria) + DB skull crusher (superseria)	Set 1: a) 10x 10kg, b) 10x 10kg; Set 2: a) 10x 10kg, b) 10x 10kg; Set 3: a) 10x 10kg, b) 10x 10kg

Wed, Aug 12, 2026 · DAY 1 — BACK WIDTH + BICEPS · August 26 V-Taper v2 · 43 min · 3645 kg

Pullups	3 × 3
Lat Pulldown	4 × 8 × 55kg
Bent Over Barbell Row (replaced One-arm DB row (lat bias))	8, 10, 10 × 50kg
Incline Dumbbell Curl	10, 8, 8 × 10kg
Hammer Curls	3 × 10 × 7.5kg
Hanging Leg Raise	3 × 10

Tue, Aug 18, 2026 · DAY 2 — DELTS + TRICEPS + CHEST · August 26 V-Taper v2 · 49 min · 2727.5 kg

Seated Dumbbell Press	6 × 17.5kg · 6 × 20kg · 6 × 17.5kg
te 20 to ledwo	
Lean-away DB lateral raise	2 × 15 × 6kg
DB lateral raise (obustronnie)	10 × 7.5kg · 10 × 6kg
Low-incline DB press	3 × 8 × 20kg
Chest-supported rear-delt row	3 × 12 × 7.5kg
Overhead DB/cable triceps ext.	10, 15, 10 × 17.5kg
Triceps Pushdown	3 × 12 × 20kg

Thu, Aug 20, 2026 · DAY 3 — V-TAPER + ARMS · August 26 V-Taper v2 · 39 min · 3263 kg

Dumbbell Incline Row	3 × 8 × 25kg
Lat Pulldown	10 × 55kg · 10 × 45kg · 10 × 55kg
Lying incline DB lateral raise	4 × 12 × 6kg
Incline rear-delt fly	3 × 15 × 5kg
Superset: Spider curl (superseria) + DB skull crusher (superseria)	Set 1: a) 10x 10kg, b) 10x 10kg; Set 2: a) 10x 10kg, b) 10x 10kg; Set 3: a) 10x 10kg, b) 10x 10kg

Fri, Aug 21, 2026 · DAY 1 — BACK WIDTH + BICEPS · August 26 V-Taper v2 · 53 min · 3385 kg

Pullups	3 × 4
Lat Pulldown	8 × 55kg · 8 × 55kg · 8 × 55kg · 8 × 50kg
Bent Over Barbell Row (replaced One-arm DB row (lat bias))	12, 8 × 60kg
Incline Dumbbell Curl	3 × 8 × 10kg
Hammer Curls	3 × 10 × 7.5kg
Hanging Leg Raise	10, 12, 12

Tue, Aug 25, 2026 · DAY 2 — DELTS + TRICEPS + CHEST · August 26 V-Taper v2 · 47 min · 2581 kg

Seated Dumbbell Press	6 × 17.5kg · 6 × 20kg · 6 × 20kg
Lean-away DB lateral raise	16, 10 × 6kg
DB lateral raise (obustronnie)	2 × 10 × 7.5kg
Low-incline DB press	8 × 20kg · 8 × 22.5kg · 8 × 20kg
Chest-supported rear-delt row	3 × 12 × 5kg
Overhead DB/cable triceps ext.	10 × 15kg · 10 × 17.5kg · 10 × 17.5kg
Triceps Pushdown	12 × 20kg · 12 × 22.5kg · 12 × 20kg

Thu, Aug 27, 2026 · DAY 3 — V-TAPER + ARMS · August 26 V-Taper v2 · 38 min · 3061 kg

Dumbbell Incline Row	3 × 8 × 25kg
Lat Pulldown	3 × 10 × 45kg
Lying incline DB lateral raise	12 × 6kg · 12 × 7.5kg · 12 × 6kg · 12 × 6kg
Incline rear-delt fly	15 × 6kg · 15 × 5kg · 15 × 6kg
Superset: Spider curl (superseria) + DB skull crusher (superseria)	Set 1: a) 10x 7.5kg, b) 10x 7.5kg; Set 2: a) 10x 10kg, b) 10x 10kg; Set 3: a) 10x 10kg, b) 10x 10kg

Generated by Repport - smart workout log

Visit: <https://getrepport.app>

Contact: hello@getrepport.app

Download on the iOS App Store: <https://apps.apple.com/app/id6756385037>