|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strength Training Log | Name |  | Starting Pulse |  |
| Mondays | Date |  | Workout Duration |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise | | Max 50% | | | Set 1 60% | | | Set 2 65% | | | Set 3 70% | | | Set 4 75% | | | Set 5 com | | |
| arms | Dips 3x12 |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Hammer Press 3x12 |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Pull Overs 4x12 |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| chest | Flat bench press 4x8 |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Incline Bench 4x8 |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Decline Bench 4x8 |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| back | Back extensions |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Upright row |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Abs | Sit ups 4 x failure |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Hanging Leg Raise 4xfailure |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |
| Side Crunch 4fail |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |  | | |  |

Note: For each set, record the amount of weight lifted and then, after the |, record the number of repetitions completed.