Strength Training Log

Purpose:

The purpose of this log is to provide a record of progress in building strength in the upper and lower body.

Directions:

Record the date, number of sets, reps, and the weight for each of the exercises listed in the left column.

St/RP/Wt = Sets, Reps, and Weight
Example: 2/6/80 = 2 sets of 6 reps each with 80 lbs.

DATE							
Exercise	**St/Rp/Wt**	**St/Rp/Wt**	**St/Rp/Wt**	**St/Rp/Wt**	**St/Rp/Wt**	**St/Rp/Wt**	**St/Rp/Wt**
Biceps curl							
Abdominal curl							
Leg extension							
Bench press							
Leg curl							
Lower back extension							
Upper back							
Hip and back							
Pullover							
Torso twist							
Triceps extension							
Chest press							