Name _____

Strength Training Record

***Always warm-up and stretch before Weight Training*

Month **Sets/Reps**

Training Schedule:

Strength	*Cardio*
Mon	Mon
Tues	Tues
Wed	Wed
Thurs	Thurs
Fri	Fri
Sat	Sat
Sun	Sun

Body Part	Machine	Sets/Reps	Weight (6 7 8 9 10 11 12 13 14 15)
Chest/Sh/Tri	CHEST PRESS		[ ][ ][ ][ ][ ]
Shoulders/Tri	SHOULDER PRESS		[ ][ ][ ][ ][ ]
Back/Bi	MACHINE ROWS		[ ][ ][ ][ ][ ]
Back/Bi	PULL DOWNS		[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]
Quads/Hams/Glutes	LEG PRESS		[ ][ ][ ][ ][ ]
Quadriceps	LEG EXTENSION		[ ][ ][ ][ ][ ]
Hamstrings	LEG CURL		[ ][ ][ ][ ][ ]
Abdominals	ABDOMINAL MACHINE		[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]
			[ ][ ][ ][ ][ ]

Exercise Dates:

Jan 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Feb 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Mar 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Apr 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

May 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

June 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

July 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Aug 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sept 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Oct 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Nov 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Dec 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Weight Training Principles:

Always warm-up with a lighter set.

Push yourself--use a challenging weight–last set should be very difficult.

Rest 30-90 seconds between sets

Vary your sequence, sets, reps, weights and rest periods for variety.