

Strength Training Log

| Name | Date | | | Starting Pulse | Workout Duration | |
|--------------------|--------------|--------------|--------------|----------------|------------------|--------------|
| LEGS | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Calf raises | | | | | | |
| Squats | | | | | | |
| Lunges | | | | | | |
| ARMS | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Triceps pull downs | | | | | | |
| Shoulder press | | | | | | |
| Wrist curls | | | | | | |
| Bicep curls | | | | | | |
| CHEST | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Bench press | | | | | | |
| Dumbbell fly | | | | | | |
| Dips | | | | | | |
| BACK | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Back extensions | | | | | | |
| Upright row | | | | | | |
| ABS | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Inclined crunch | | | | | | |
| Declined Crunch | | | | | | |
| Side bends | | | | | | |

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