

StrongWomen Stay Young Two-Day Exercise Log

Name _____ Site _____

	Week				Week			
Date:								
WARM-UP								
STRENGTH TRAINING	2 sets / 10 reps		2 sets / 10 reps		2 sets / 10 reps		2 sets / 10 reps	
	Wt	EIS	Wt	EIS	Wt	EIS	Wt	EIS
Wide Leg Squat								
Standing Leg Curl	LB/KG		LB/KG		LB/KG		LB/KG	
Knee Extension	LB/KG		LB/KG		LB/KG		LB/KG	
Side Hip Raise	LB/KG		LB/KG		LB/KG		LB/KG	
Biceps Curl	LB/KG		LB/KG		LB/KG		LB/KG	
Overhead Press	LB/KG		LB/KG		LB/KG		LB/KG	
Bent Forward Fly	LB/KG		LB/KG		LB/KG		LB/KG	
Toe Stand	LB/KG		LB/KG		LB/KG		LB/KG	
COOL-DOWN & FLEXIBILITY	Hold		Hold		Hold		Hold	
	20-30 seconds		20-30 seconds		20-30 seconds		20-30 seconds	
Hamstrings & Calves								
Quadriceps								
Chest & Arms								
Upper Back								

NOTES: