STRENGTH TRAINING LOG

NAME_____ SETS/REPS_____

		DATE																			
		EXERCISE	Seat height	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps
LEGS	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
CHEST/BACK	7																				
	8																				
	9																				
	10																				
	11																				
	12																				
CORE	13																				
	14																				
	15																				
	16																				
	17																				
	18																				

STRENGTH TRAINING LOG

NAME_____ SETS/REPS_____

		DATE																			
		EXERCISE	Seat height	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps	Wt. / Reps
SHOULDERS	1																				
	2																				
	3																				
	4																				
	5																				
	6																				
BICEPS/TRICEPS	7																				
	8																				
	9																				
	10																				
	11																				
	12																				
CARDIO	13																				
	14																				
	15																				
	16																				
	17																				
	18																				