

# Workout Tracking Chart

## Foundation, Gym, Maintenance -- Weeks 9 thru 12

Print out a copy of this chart to track your strength training workouts. Document the exercise, sets, reps and intensity level you actually performed.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

<i><b>Plan</b></i>				
Muscle Group	Exercise	# of Sets	# of Reps	Intensity Level
Quadriceps	Barbell Squat	1	12	5 to 7
Chest	Barbell Bench Press	1	12	5 to 7
Hamstring	Lug Curl	1	12	5 to 7
Back	One-Arm Row	1	12	5 to 7
Calves	Stair Calf Raise	1	12	5 to 7
Shoulders	Upright Cable Row	1	12	5 to 7
Abdominal	Decline Crunch	1	12	5 to 7
Biceps	Dumbbell Preacher Curl	1	12	5 to 7
Lower Back	Back Extension	1	12	5 to 7
Triceps	Triceps Extensions	1	12	5 to 7

<i><b>Actual</b></i>			
Exercise	# of Sets	# of Reps	Intensity Level

**Tips:**

*Alternate exercises:* Feel free to change out any exercise as long as it belongs to that particular muscle group.

*Rep:* When an exercise has progressed through one complete range of motion and back to the beginning, one repetition has been completed.

*Set:* This is a series of reps done without rest.

*Rest:* Rest for 1 minute between each set.

*Intensity level:* Use a scale 1 to 10. **1** = sitting on the couch. **5** = mid-level exertion. **10** = max resistance while still using correct form.

*Form:* When handling any weight, you should concentrate on the primary muscle or muscle group you are using while lifting and lowering the weight slowly and deliberately.

*Tempo:* Use the count of 2 when exerting effort against resistance and a count of 4 when lowering the weight.

**Notes:**

