## **Workout Tracking Chart**

## Foundation, Home, Build -- 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:	

Plan						
Muscle Group	Exercise	# of Sets	# of Reps	Intensity Level		
Quadriceps	RB Squat	1	12	5 to 7		
Chest	Push-up	1	12	5 to 7		
Hamstring	RB Leg Curl	1	12	5 to 7		
Back	RB Reverse Fly	1	12	5 to 7		
Calves	Stair Calf Raise	1	12	5 to 7		
Shoulders	RB Lateral Raise	1	12	5 to 7		
Abdominal	Bicycle	1	12	5 to 7		
Biceps	RB Hammer Curl	1	12	5 to 7		
Lower Back	Swim	1	12	5 to 7		
Triceps	RB Kickback	1	12	5 to 7		

<i>Actual</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 grou

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

Set: This is a series of reps done without rest

Rest: Rest for 30 seconds or 1 minute between each set

<u>Intensity level:</u> 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 weigh

Notes:

