

# Workout Tracking Chart

## Foundation, Home, Maintenance -- Weeks 1 thru 4

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>Plan</i>				
Muscle Group	Exercise	# of Sets	# of Reps	Intensity Level
Quadriceps	Step-up	1	12	5 to 7
Chest	RB Chest Press	1	12	5 to 7
Hamstring	RB Leg Curl	1	12	5 to 7
Back	RB Seated Row	1	12	5 to 7
Calves	Stair Calf Raise	1	12	5 to 7
Shoulders	RB Upright Row	1	12	5 to 7
Abdominal	Crunch	1	12	5 to 7
Biceps	RB Curl	1	12	5 to 7
Lower Back	Plank	1	12	5 to 7
Triceps	RB Triceps Extension	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 group

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 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: