

Workout Tracking Chart

Intermediate, Gym, 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	Barbell Squat	2	12	5 to 7
Chest	Barbell Bench Press	2	12	5 to 7
Hamstring	Lug Curl	2	12	5 to 7
Back	One-Arm Row	2	12	5 to 7
Calves	Stair Calf Raise	2	12	5 to 7
Shoulders	Upright Cable Row	2	12	5 to 7
Abdominal	Decline Crunch	2	12	5 to 7
Biceps	Dumbbell Preacher Curl	2	12	5 to 7
Lower Back	Back Extension	2	12	5 to 7
Triceps	Triceps Extensions	2	12	5 to 7

Actual			
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:

