## Workout Tracking Chart

## Intermediate, Home, Build -- 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:\_\_\_\_\_

Plan					
Muscle Group	Exercise	# of Sets	# of Reps	Intensity Level	
Quadriceps	Step-up	2	8	5 to 7	
Chest	RB Chest Press	2	8	5 to 7	
Hamstring	RB Leg Curl	2	8	5 to 7	
Back	RB Seated Row	2	8	5 to 7	
Calves	Stair Calf Raise	2	8	5 to 7	
Shoulders	RB Upright Row	2	8	5 to 7	
Abdominal	Crunch	2	8	5 to 7	
Biceps	RB Curl	2	8	5 to 7	
Lower Back	Plank	2	8	5 to 7	
Triceps	RB Triceps Extension	2	8	5 to 7	

Actual						
Exercise	# of Sets	# of Reps	Intensity Level			
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## 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

<u>Set:</u> This is a series of reps done without rest

<u>Rest:</u> Rest for 30 seconds to 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 weigh

Notes:

