# *Workout Tracking Chart*

## Intermediate, Home, Maintenance -- Weeks 5 thru 8

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 Extension | 2 | 12 | 5 to 7 |
| Chest | RB Fly | 2 | 12 | 5 to 7 |
| Hamstring | Lunge | 2 | 12 | 5 to 7 |
| Back | RB Lat. Pull Down | 2 | 12 | 5 to 7 |
| Calves | Stair Calf Raise | 2 | 12 | 5 to 7 |
| Shoulders | RB Shoulder Press | 2 | 12 | 5 to 7 |
| Abdominal | Leg Raise | 2 | 12 | 5 to 7 |
| Biceps | RB Concentration Curl | 2 | 12 | 5 to 7 |
| Lower Back | Superman | 2 | 12 | 5 to 7 |
| Triceps | RB Triceps Push Down | 2 | 12 | 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

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

*Rest:* 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 deliberatel

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

**Notes:**

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