Workout Tracking Chart

Intermediate, Home, Maintenance -- 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	2	12	5 to 7
Chest	Push-up	2	12	5 to 7
Hamstring	RB Leg Curl	2	12	5 to 7
Back	RB Reverse Fly	2	12	5 to 7
Calves	Stair Calf Raise	2	12	5 to 7
Shoulders	RB Lateral Raise	2	12	5 to 7
Abdominal	Bicycle	2	12	5 to 7
Biceps	RB Hammer Curl	2	12	5 to 7
Lower Back	Swim	2	12	5 to 7
Triceps	RB Kickback	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 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

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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