

# Strength Training Log

Name	Date			Starting Pulse	Workout Duration	
<b>LEGS</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>	<b>Set 6</b>
Calf raises						
Squats						
Lunges						
<b>ARMS</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>	<b>Set 6</b>
Triceps pull downs						
Shoulder press						
Wrist curls						
Bicep curls						
<b>CHEST</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>	<b>Set 6</b>
Bench press						
Dumbbell fly						
Dips						
<b>BACK</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>	<b>Set 6</b>
Back extensions						
Upright row						
<b>ABS</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>	<b>Set 6</b>
Inclined crunch						
Declined Crunch						
Side bends						

Note: For each set, record the amount of weight lifted and then, after the |, record the number of repetitions completed.