

# Strength Training Log

Name: \_\_\_\_\_

EXERCISE	SET 1	SET 2	SET 3	EXERCISE	SET 1	SET 2	SET 3
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DATE: \_\_\_\_\_

GROUP: CHEST, TRICEPS, DELTOIDS	Triceps Press				Shrugs			
	Pectoral Flies				Shoulder Press			
	Bench Press							

EXERCISE	SET 1	SET 2	SET 3	EXERCISE	SET 1	SET 2	SET 3
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DATE: \_\_\_\_\_

GROUP: LEGS	Leg Press				Calf Raises			
	Leg Extension				Hamstring Curls			

EXERCISE	SET 1	SET 2	SET 3	EXERCISE	SET 1	SET 2	SET 3
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DATE: \_\_\_\_\_

GROUP: BICEPS, BACK, ABS	Bicep Curls				Back extensions			
	Lat Pull-Downs				Crunch			
	Seated Row				Oblique Crunch			