## Strength Training Log

## Sample

weight: pounds
reps $=$ repetitions

| Date | $6 / 4 / 18$ |  | $6 / 7 / 18$ |  | $6 / 11 / 18$ |  | $6 / 14 / 18$ |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Exercise | weight | reps | weight | reps | weight | reps | weight | reps |
| Bench Press | 5 | 10 | 5 | 10 | 7 | 5 | 7 | 5 |
| Half Squat | 7 | 5 | 7 | 5 | 7 | 5 | 7 | 5 |
| Reverse Lunge | 5 | 5 | 5 | 5 | 5 | 7 | 5 | 7 |
| Shoulder Press | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Bicep Curl | 5 | 10 | 5 | 10 | 7 | 5 | 7 | 5 |
| Abdominals |  | 10 |  | 10 |  | 10 |  | 10 |
| $\ldots$ |  |  |  |  |  |  |  |  |

My Strength Training Log

| Date |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Exercise | weight | reps | weight | reps | weight | reps | weight | reps |
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