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

My Strength Training Log

Date								
Exercise	weight	reps	weight	reps	weight	reps	weight	reps