

STRENGTH FOR LIFE WORKOUT TRACKER

Monday

PUSH

Chest | Shoulders | Triceps + Biceps

DATE _____ WK# _____ START TIME _____ FINISH TIME _____

SET	EXERCISE	TBS	PLANNED WEIGHT/REPS	TiL	ACTUAL WEIGHT/REPS	AiL	
CHEST	1	Dumbbell Bench Press		/12	2	/	
	2		60	/10	3	/	
	3		60	/8	4	/	
	4		60	/8+	5	/	
	5	Dumbbell Flyes	} ★	60	/10	4	/
	6			0	/10+	5	/
SHOULDERS	7	Dumbbell Side Raises	60	/12	2	/	
	8		60	/10	3	/	
	9		} ★	60	/10	4	/
	10			0	/8+	5	/
ARMS	11	Dumbbell Triceps Kickbacks	60	/12	2	/	
	12		60	/10	3	/	
	13		} ★	60	/8	4	/
	14			0	/8+	5	/
	15	Dumbbell Biceps Curls	60	/12	2	/	
	16		60	/10	3	/	
	17		} ★	60	/8	4	/
	18			0	/8+	5	/

POST WORKOUT 1 RECORD 2 PROJECT 3 REFLECT

★ = DROP-SET += TO FAILURE SET [TBS] = TIME BEFORE SET (Secs) [TiL] = TARGET INTENSITY LEVEL [AiL] = ACTUAL INTENSITY LEVEL