

STRENGTH FOR LIFE WORKOUT TRACKER

Thursday

PULL

Back | Rear Delts | Triceps + Biceps

DATE _____ WK# _____ START TIME _____ FINISH TIME _____

SET	EXERCISE	TBS	PLANNED WEIGHT/REPS	TiL	ACTUAL WEIGHT/REPS	AiL	
BACK	1		/12	2	/		
	2	60	/10	3	/		
	3	60	/8	4	/		
	4	60	/8+	5	/		
	5	Dumbbell Pullovers ★ }	60	/10	4	/	
	6		0	/10+	5	/	
SHOULDERS	7	60	/12	2	/		
	8	60	/10	3	/		
	9	★ }	60	/10	4	/	
	10		0	/8+	5	/	
ARMS	11	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