

STRENGTH FOR LIFE WORKOUT TRACKER

Wednesday

LEGS

Quads | Hamstrings | Calves

DATE _____ WK# _____ START TIME _____ FINISH TIME _____

SET	EXERCISE	TBS	PLANNED WEIGHT/REPS	TiL	ACTUAL WEIGHT/REPS	AiL	
LEGS/QUADS	1		/12	2	/		
	2	60	/10	3	/		
	3	60	/8	4	/		
	4	60	/8+	5	/		
	5	Dumbbell Squats	60	/10	4	/	
	6		0	/10+	5	/	
HAMSTRINGS	7	60	/12	2	/		
	8	60	/10	3	/		
	9	60	/8	4	/		
	10	0	/8+	5	/		
	11	Dumbbell Sumo Squats	60	/12	4	/	
	12		0	/12+	5	/	
CALVES	13	60	/12	2	/		
	14	0	/12	3	/		
	15	0	/12	4	/		
	16	0	/12+	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