STRENGTH FOR LIFE WORKOUT TRACKER

Base Camp: Mon/Wed/Fri

BASE CAMP TRAINING

DATE _____ BASE CAMP DAY _____ START TIME _____ FINISH TIME _____

	SET	EXERCISE	TBS	PLANNED REPETITIONS	ACTUAL REPETITIONS
		Cardio Warm-Up: 10 Minutes			
UPPER BODY	1	Push-Ups (on knees if needed)		15-20 Reps	
	2		30	15-20 Reps	
	3		30	15-20 Reps	
LOWER BODY	4	Squats or Step Lunges	30	15-20 Reps	
	5		30	15-20 Reps	
	6		30	15-20 Reps	
CORE	7	Ab Crunches	30	12-15 Reps	
	8		30	12-15 Reps	
	9		30	12-15 Reps	

|TBS| = TIME BEFORE SET (Seconds)

NOTES

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