

STRENGTH FOR LIFE WORKOUT TRACKER

Monday



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	★ } 0	60	/10	4	/	
	6		0	/10+	5	/	

SHOULDERS	7 Dumbbell Side Raises	60	/12	2	/		
	8	60	/10	3	/		
	9	★ } 0	60	/10	4	/	
	10		0	/8+	5	/	

ARMS	11 Dumbbell Triceps Kickbacks	60	/12	2	/		
	12	60	/10	3	/		
	13	★ } 0	60	/8	4	/	
	14		0	/8+	5	/	
	15 Dumbbell Biceps Curls	60	/12	2	/		
	16	60	/10	3	/		
17	★ } 0	60	/8	4	/		
18		0	/8+	5	/		

POST WORKOUT 1 RECORD 2 PROJECT 3 REFLECT