

WEIGHT TRAINING CHART

Use this chart to record the workouts you complete during each visit. Fill in the blank space with the weight you used during each workout to record your progress over the six week program. The specified number combination (i.e. "3 X8") identifies the number of sets and repetitions you are to complete for each workout. The first number identifies the number of sets. The second number identifies the number of repetitions in that set.

Day 1	Date:	Date:	Date:	Date:	Date:	Date:
Squat	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Bench	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Row	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Lunge	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Hammer Curls	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Shoulder Press	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Upright Row	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Hamstring Curl	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Overhead Tricep	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Back Extension	BW - 3X10	BW - 3X12	BW - 3X15	3X10 at ___ lbs	3X12 at ___ lbs	3X15 at ___ lbs
Abs	50 Reps	65 Reps	80 Reps	95 Reps	110 Reps	125 Reps
Day 2	Date:	Date:	Date:	Date:	Date:	Date:
Overhead Squat	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Incline Bench	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Curls (Together)	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Lateral Lunge	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Bent Over Row	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Fly	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Shrugs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Hamstring Curl	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Kickback Tricep	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Reverse Hyper	BW - 3X10	BW - 3X12	BW - 3X15	BW - 3X15	BW - 3X15	BW - 3X15
Abs	50 Reps	65 Reps	80 Reps	95 Reps	110 Reps	125 Reps
Day 3	Date:	Date:	Date:	Date:	Date:	Date:
Squat	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Bench	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Row	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Lunge	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Hammer Curls	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
3-way Shoulder	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Upright Row	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Hamstring Curl	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Overhead Tricep	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs	3X8 at ___ lbs	3X10 at ___ lbs	3X12 at ___ lbs
Back Extension	BW - 3X10	BW - 3X12	BW - 3X15	3X10 at ___ lbs	3X12 at ___ lbs	3X15 at ___ lbs
Abs	50 Reps	65 Reps	80 Reps	95 Reps	110 Reps	125 Reps