

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 Repts	65 Repts	80 Repts	95 Repts	110 Repts	125 Repts
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 Repts	65 Repts	80 Repts	95 Repts	110 Repts	125 Repts
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 Repts	65 Repts	80 Repts	95 Repts	110 Repts	125 Repts