Ideal-Weight-charts.com

Warm up : 50% of workout weight (_____reps)

Workout set(s): Recorded weight (_____ - _____ reps)

Name _____

If _____ reps: Increase workout weight 5-10%

	Weight Training		Date								
(L)	Quads / Glutes										
❑	Leg Press	❑	Lunge								
❑	Squat	❑									
(L)	Hamstrings										
❑	Leg Curl	❑	Straight-leg Deadlift								
❑	Hyper-extension	❑									
(L)	*Calves*										
❑	Calf Raise	❑	Single Leg Calf Raise								
❑	Calf Press	❑									
(U)	Chest										
❑	Bench Press	❑	Dip								
❑	Chest Press	❑									
(U)	Back										
❑	Row	❑	Pull-up								
❑	Pulldown	❑									
(U)	Shoulders										
❑	Upright Row	❑	Shoulder Press								
❑	Lateral Raise	❑									
(U)	*Biceps*										
❑	Curl	❑	Incline Curl								
❑	Preacher Curl	❑									
(U)	*Triceps*										
❑	Lying Triceps Extension	❑	Pushdown								
❑	Seated Triceps Ext.	❑									
(L)	*Lower Back*										
❑	Back Extension	❑	Stiff-leg Deadlift								
❑	Hyper-extension	❑									
(L)	Abs										
❑	Crunch	❑	Leg / Hip Raise								
❑	Sit-up	❑									