

# Weight Training Log

Name:  
Starting Pulse:

Date:  
Workout Duration:

Key:      Legs      Arms      Chest      Back      Abdominals

| Exercise |                  | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|----------|------------------|-------|-------|-------|-------|-------|-------|
| LEGS     | Calf Raises      |       |       |       |       |       |       |
|          | Squats           |       |       |       |       |       |       |
|          | Lunges           |       |       |       |       |       |       |
| ARMS     | Tricep Pulldowns |       |       |       |       |       |       |
|          | Shoulder Press   |       |       |       |       |       |       |
|          | Wrist Curls      |       |       |       |       |       |       |
|          | Bicep Curls      |       |       |       |       |       |       |
| CHEST    | Bench Press      |       |       |       |       |       |       |
|          | Dumbbell Fly     |       |       |       |       |       |       |
|          | Dips             |       |       |       |       |       |       |
| BACK     | Back Extensions  |       |       |       |       |       |       |
|          | Upright Row      |       |       |       |       |       |       |
| ABS      | Inclined Crunch  |       |       |       |       |       |       |
|          | Declined Crunch  |       |       |       |       |       |       |
|          | Side Bends       |       |       |       |       |       |       |

**Note:** Per set, per relevant exercise, record the amount of weight lifted and then, after the “ | ”, record the number of repetitions you complete.