## **Strength Training Diary**

| Exercise       | W    | Workout 1 |  |  | Workout 2 |  |  | Workout 3 |  |  | Workout 4 |  |   |  | Workout 5 |  |  |  | Workout 6 |  |  | Workout 7 |          |  |  |
|----------------|------|-----------|--|--|-----------|--|--|-----------|--|--|-----------|--|---|--|-----------|--|--|--|-----------|--|--|-----------|----------|--|--|
| Military       | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Press          | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Abs            | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Tri            | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Pushdown       | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Bench<br>Press | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Leg Press      | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Leg Curl       | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Lat Pull       | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Incline        | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Chest          | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Row            | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Leg Ex         | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Bicep Curl     | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Lunges         | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Back Ex        | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           |          |  |  |
| Plank          | WT   |           |  |  |           |  |  |           |  |  |           |  |   |  |           |  |  |  |           |  |  |           | <u> </u> |  |  |
|                | REPS |           |  |  |           |  |  |           |  |  |           |  | • |  |           |  |  |  |           |  |  | _         |          |  |  |