

# UMFSA Strength Training Log

Name

Starting Pulse

Date

Workout Duration

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
LEGS	Calf raises						
	Squats						
	Lunges						
ARMS	Triceps pull downs						
	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: For each set, record the amount of weight lifted and then, after the |, record the number of repetitions completed.