Strength Training Log

Date : **Name :**

Description	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted
Calf Raises															
Squats															
Lunges															
Tricep Pull Downs															
Shoulder Press															
Wrist Curls															
Bicep Curls															
Bench Press															
Dumb Bell Fly															
Dips															
Back Extention															
Upright Row															
Inclined Crunch															
Declined Crunch															
Side Bends															

Training Duration		Notes
Beginning Pulse		
Ending Pulse		
Weight		
Goal Weight		
Total Sets		
Total Reps		

sample