



Weekly Training Log

Members Name _____

	Exercise	Date 1				Date 2				Date 3				Date 4									
		Weight	Reps	Sets	Date	Weight	Reps	Sets	Date	Weight	Reps	Sets	Date	Weight	Reps	Sets	Date						
Legs	Squat																						
	Romanian Dead																						
	Standing Calf																						
	Seated Calf																						
Chest	Bench																						
	Dumbbell Bench																						
	Inc/Dec Bench																						
Back	Dumbbell Rows																						
	Reverse Fly																						
Shoulders	Shoulder Press																						
	36's																						
	High Pulls																						
Arms	Tricep Ext.																						
	Barbell Curls																						
	Overhead Ext.																						
	Dumbbell Curls																						
Abs			Reps	Sets	Date		Reps	Sets	Date		Reps	Sets	Date		Reps	Sets	Date		Reps	Sets	Date		
	Basic Crunch																						
Cardio	Elliptical	Time	Speed	Level	Date	Time	Speed	Level	Date	Time	Speed	Level	Date	Time	Speed	Level	Date	Time	Speed	Level	Date		
	Treadmill																						
	Bike																						
	Circuit	Time	H/R	Level	Date	Time	H/R	Level	Date	Time	H/R	Level	Date	Time	H/R	Level	Date	Time	H/R	Level	Date		

	MON	TUE	WED	THUR	FRI
2 Day Split					

	MON	TUE	WED	THUR	FRI
3 Day Split					2
					2
					2
					2
					2

	MON	TUE	WED	THUR	FRI
4 Day Split					