

The Training-for-LIFE Experience™

Daily Progress Report



LEVEL I

Date:	Planned Start Time:	Actual Start Time:
Day of 84	Planned End Time:	Actual End Time:
Lower Body Workout	Time to Complete: 42 minutes	Total Time: _____ minutes

Lower Body Muscle Groups	Exercise	PLAN				ACTUAL			
		Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Quads	leg press	12	75	1	5	12			
	leg press	10	100	1	6	10			
	leg press	8	125	1	7	8			
	leg press	6	150	1	8	6			
High Point	leg press	12	125	0	9	12			
	barbell squats	12	75	2	10	12			
Ham-strings	dumbell lunges	12	5	1	5	12			
	dumbell lunges	10	10	1	6	10			
	dumbell lunges	8	15	1	7	8			
	dumbell lunges	6	20	1	8	6			
High Point	dumbell lunges	12	15	0	9	12			
	straight-leg deadlifts	12	20	2	10	12			
Calves	seated calf raises	12	40	1	5	12			
	seated calf raises	10	45	1	6	10			
	seated calf raises	8	50	1	7	8			
	seated calf raises	6	55	1	8	6			
High Point	seated calf raises	12	50	0	9	12			
	standing calf raises	12	45	2	10	12			
At this point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go.									
Abs	stability ball	25	x	2	6		x		
	stability ball	25	x	2	7				
	stability ball	25	x	2	8				
	stability ball	25	x	2	9				
High Point	decline sit ups	12		0	9				
	decline sit ups	12	x	2	10		x	x	

NOTES
