

# The Training-for-LIFE Experience™

## Daily Progress Report



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

		PLAN				ACTUAL			
Lower Body Muscle Groups	Exercise	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Quads	leg press	12	150	1	5	12			
	leg press	10	200	1	6	10			
	leg press	8	250	1	7	8			
	leg press	6	300	1	8	6			
<b>High Point</b>	leg press	12	250	0	9	12			
	barbell squats	12	150	2	10	12			
Ham-strings	dumbell lunges	12	15	1	5	12			
	dumbell lunges	10	20	1	6	10			
	dumbell lunges	8	25	1	7	8			
	dumbell lunges	6	30	1	8	6			
<b>High Point</b>	dumbell lunges	12	25	0	9	12			
	straight-leg deadlifts	12	30	2	10	12			
Calves	seated calf raises	12	80	1	5	12			
	seated calf raises	10	90	1	6	10			
	seated calf raises	8	100	1	7	8			
	seated calf raises	6	110	1	8	6			
<b>High Point</b>	seated calf raises	12	100	0	9	12			
	standing calf raises	12	90	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				
<b>High Point</b>	decline sit ups	12		0	9				
	decline sit ups	12	x	2	10		x	x	

### NOTES

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