

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:
Upper Body Workout	Time to Complete: 46 minutes	Total Time: _____ minutes

		PLAN				ACTUAL			
Upper Body Muscle Groups	Exercise	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Chest	dumbell bench press	12	15	1	5	12			
	dumbell bench press	10	20	1	6	10			
	dumbell bench press	8	25	1	7	8			
	dumbell bench press	6	30	1	8	6			
High Point	dumbell bench press	12	25	0	9	12			
	dumbell flyes	12	15	2	10	12			
Shoulders	seated dumbell press	12	5	1	5	12			
	seated dumbell press	10	10	1	6	10			
	seated dumbell press	8	15	1	7	8			
	seated dumbell press	6	20	1	8	6			
High Point	seated dumbell press	12	15	0	9	12			
	side raises	12	5	2	10	12			
Back	dumbell rows	12	10	1	5	12			
	dumbell rows	10	15	1	6	10			
	dumbell rows	8	20	1	7	8			
	dumbell rows	6	25	1	8	6			
High Point	dumbell rows	12	20	0	9	12			
	dumbell pullovers	12	20	2	10	12			
Triceps	seated dumbell exten	12	10	1	5	12			
	seated dumbell exten	10	15	1	6	10			
	seated dumbell exten	8	20	1	7	8			
	seated dumbell exten	6	25	1	8	6			
High Point	seated dumbell exten	12	20	0	9	12			
	lying dumbell exten	12	5	2	10	12			
At this point, you should be 37 minutes into your upper body weight-training workout and have 9 minutes to go.									
Biceps	seated dumbell curls	12	5	1	5	12			
	seated dumbell curls	10	10	1	6	10			
	seated dumbell curls	8	15	1	7	8			
	seated dumbell curls	6	20	1	8	6			
shoulders	seated dumbell curls	12	15	0	9	12			
	standing dumbell curls	12	15	-	10	12			

NOTES
