

The Training-for-LIFE Experience™

Daily Progress Report



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		1	5	12			
	dumbell bench press	10		1	6	10			
	dumbell bench press	8		1	7	8			
	dumbell bench press	6		1	8	6			
High Point	dumbell bench press	12		0	9	12			
	dumbell flyes	12		2	10	12			
Shoulders	seated dumbell press	12		1	5	12			
	seated dumbell press	10		1	6	10			
	seated dumbell press	8		1	7	8			
	seated dumbell press	6		1	8	6			
High Point	seated dumbell press	12		0	9	12			
	side raises	12		2	10	12			
Back	dumbell rows	12		1	5	12			
	dumbell rows	10		1	6	10			
	dumbell rows	8		1	7	8			
	dumbell rows	6		1	8	6			
High Point	dumbell rows	12		0	9	12			
	dumbell pullovers	12		2	10	12			
Triceps	seated dumbell exten	12		1	5	12			
	seated dumbell exten	10		1	6	10			
	seated dumbell exten	8		1	7	8			
	seated dumbell exten	6		1	8	6			
High Point	seated dumbell exten	12		0	9	12			
	lying dumbell exten	12		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		1	5	12			
	seated dumbell curls	10		1	6	10			
	seated dumbell curls	8		1	7	8			
	seated dumbell curls	6		1	8	6			
shoulders	seated dumbell curls	12		0	9	12			
	standing dumbell curls	12		-	10	12			

NOTES
