

# 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

Upper Body Muscle Groups	Exercise	PLAN				ACTUAL			
		Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Chest	dumbell bench press	12	30	1	5	12			
	dumbell bench press	10	40	1	6	10			
	dumbell bench press	8	50	1	7	8			
	dumbell bench press	6	60	1	8	6			
<b>High Point</b>	dumbell bench press	12	50	0	9	12			
	dumbell flyes	12	30	2	10	12			
Shoulders	seated dumbell press	12	20	1	5	12			
	seated dumbell press	10	25	1	6	10			
	seated dumbell press	8	30	1	7	8			
	seated dumbell press	6	35	1	8	6			
<b>High Point</b>	seated dumbell press	12	30	0	9	12			
	side raises	12	5	2	10	12			
Back	dumbell rows	12	30	1	5	12			
	dumbell rows	10	35	1	6	10			
	dumbell rows	8	40	1	7	8			
	dumbell rows	6	50	1	8	6			
<b>High Point</b>	dumbell rows	12	40	0	9	12			
	dumbell pullovers	12	40	2	10	12			
Triceps	seated dumbell exten	12	30	1	5	12			
	seated dumbell exten	10	35	1	6	10			
	seated dumbell exten	8	40	1	7	8			
	seated dumbell exten	6	45	1	8	6			
<b>High Point</b>	seated dumbell exten	12	40	0	9	12			
	lying dumbell exten	12	10	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	20	1	5	12			
	seated dumbell curls	10	25	1	6	10			
	seated dumbell curls	8	30	1	7	8			
	seated dumbell curls	6	35	1	8	6			
<b>shoulders</b>	seated dumbell curls	12	25	0	9	12			
	standing dumbell curls	12	20	-	10	12			

### NOTES

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