

FitInYourBody® Personal Fitness Services

"We are in it for YOU to WIN it!"

Strength Training Diary

EXERCISE	DATE																																					
	SET	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4					
	wgt																																					
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notes:

Contact Us:
www.fitinyourbody.com
info@fitinyourbody.com
 (804) 301-0401

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SAMPLE WORKOUT (all exercises, weights and reps should be modified specifically for each user)

EXERCISE	DATE																												
	SET	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Db Squats	wgt	30	30	30		<-- use 30lb Dbs																							
	reps	12	12	12																									
Chest Press	wgt	60	60	60		<-- Bar with wghts																							
	reps	12	12	12																									
Pulley Row	wgt	50	50	50		<-- cable machine																							
	reps	12	12	12																									
Db Shoulder Press	wgt	15	15	15		<-- standing																							
	reps	12	12	12																									
Biceps Curls	wgt	15	15	15		<-- 15lb Dbs																							
	reps	12	12	12																									
Triceps Pressdown	wgt	30	30	30		<-- cable machine																							
	reps	12	12	12																									
Calf Raises	wgt	15	15	15		<-- hold 1 15lb Db																							
	reps	12	12	12		<-- 12 reps ea ft																							
Plank	wgt		60 sec																										
	reps		30 sec			<-- ea side																							
Bicycles	wgt		60 sec																										
	reps		30 sec			<-- hold med ball																							
Scissor Kicks	wgt		30 sec																										
	reps		30 sec																										

notes:

abbreviations: wgt = weight (in pounds) med = medicine
 reps = total reps ea =each
 Db = dumbbells
 ft = foot

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