

Strength Training Log

Name:

	Machine	DATE										
	Settings											
Exercise												
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
		WEIGHT										
	1	REPS										
		WEIGHT										
	1	REPS										
		WEIGHT										
		REPS										
		WEIGHT										
		REPS										
D 4141	┥.				ļ	l .	l			l .	ļ.	ļ.

Repetitions: Reach muscle failure while performing 8-12 repetitions Speed: 2 seconds on the positive and 4 seconds on the negative

