

Strength Training Progress

Dates From: _____ / _____ / _____ To: _____ / _____ / _____

Exercise Name	Reps	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
		Weight (Ib/Kg)	Reps Achieved	Weight	Reps Achieved	Weight	Reps Achieved	Weight	Reps Achieved	Weight	Reps Achieved	Weight	Reps Achieved
<i>Bar bell Squat</i>	<i>8-12</i>	<i>50lbs</i>	<i>9 (1 set)</i>	<i>50lbs</i>	<i>11 (1 set)</i>	<i>50lbs</i>	<i>12 (1 set)</i>	<i>70lbs</i>	<i>10 (1 set)</i>	<i>70lbs</i>	<i>12 (1 set)</i>	<i>90lbs</i>	<i>8 (1 set)</i>
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													

Total Fitness

fitness ✦ nutrition ✦ healing