

My Strength Training Journal

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How long							
How hard 0-10							
Muscle Groups							
Types							
Date							
How long							
How hard 0-10							
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Muscle Groups	Types
Legs (e.g. squats, lunge, leg press)	Weight machines (Lat pulldown, bench press, leg press)
Hips (e.g. bridges, lateral banded walk)	Resistance exercises (resistance bands/dumbbells)
Back (e.g. lat pulldown, dumbbell row)	Bodyweight exercises (push-ups, planking)
Abdomen (e.g. deadbug, planking)	Holistic exercises (Yoga, Tai-Chi and Pilates)
Chest (e.g. bench press, push-ups)	
Shoulders (e.g. shoulder/overhead press)	
Arms (e.g. bicep curl, tricep dips)	