



Strength-Training-Woman.com

Strong Body – Strong Life

Today's Date- Thursday 7-28-05 {10am}

Basic 3 Sets of 12 Example

Muscle Group	Biceps	Triceps	Quads	Hams and Glutes
Exercise	Hammer	Overhead Extension	Goddess Pose	Lunges
Set #	1 / 2 / 3 /	1 / 2 / 3 /	1 / 2 / 3 /	1 / 2 / 3 /
Pounds Lifted	x / x / x /	x / x / x /	x / x / x /	x / x / x /
# of Reps	12 / 12 / 12 /	12 / 12 / 12 /	12 / 12 / 12 /	12 / 12 / 12 /

Muscle Group	Chest	Back	Shoulders	Calves
Exercise	Fly	Bent Over Row	Front Raise	Calf Raise
Set #	1 / 2 / 3 /	1 / 2 / 3 /	1 / 2 / 3 /	1 / 2 / 3 /
Pounds Lifted	x / x / x /	x / x / x /	x / x / x /	x / x / x /
# of Reps	12 / 12 / 12 /	12 / 12 / 12 /	12 / 12 / 12 /	12 / 12 / 12 /

	Abs	# of Reps	or Seconds
Exercise	Bicycle	24/Side	X
Exercise	Oblique Crunch	12/Side	X
Exercise	Plank	X	21
Exercise			
Exercise			

Cardio Activity	StairClimber		HOW I FEEL AFTER TODAY'S WORKOUT: I'm in a much better mood now 😊
Length of Time	20 Minutes		
Intensity Level	Level 1		
Other Notes	Too Easy, Try Level 2		

Congratulations On Your Workout! Email Me With Any Questions, Comments, Concerns, and SUCCESS STORIES! strength-training-woman.com