



Strength-Training-Woman.com

Strong Body – Strong Life

Today's Date- _____

Muscle Group	Biceps	Triceps	Quads	Hams and Glutes
Exercise				
Set #	/ / / /	/ / / /	/ / / /	/ / / /
Pounds Lifted	/ / / /	/ / / /	/ / / /	/ / / /
# of Reps	/ / / /	/ / / /	/ / / /	/ / / /

Muscle Group	Chest	Back	Shoulders	Calves
Exercise				
Set #	/ / / /	/ / / /	/ / / /	/ / / /
Pounds Lifted	/ / / /	/ / / /	/ / / /	/ / / /
# of Reps	/ / / /	/ / / /	/ / / /	/ / / /

	Abs	# of Reps	or Seconds
Exercise			
Exercise			
Exercise			
Exercise			
Exercise			

Cardio Activity			HOW I FEEL AFTER TODAY'S WORKOUT:
Length of Time			
Intensity Level			
Other Notes			

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