

# MUSCLE GROUP FOCUS

Weekly Training Log

DATE:  
WEIGHT:  
DURATION:

| TARGET GROUP | PRIMARY EXERCISE | SETS | REPS | LOAD |
|--------------|------------------|------|------|------|
| Chest        |                  |      |      |      |
| Back         |                  |      |      |      |
| Shoulders    |                  |      |      |      |
| Quads/Hams   |                  |      |      |      |
| Arms         |                  |      |      |      |
| Core         |                  |      |      |      |

TRAINING NOTES & INTENSITY RATING: