

UPPER BODY STRENGTH TRACKER

Date: _____ Focus: _____ Duration: _____

EXERCISE	SETS X REPS	WEIGHT	COMPLETION	NOTES
Bench Press	3 x 8-12			
Overhead Press	3 x 8-10			
Pull-Ups / Lat Pulldown	3 x AMRAP			
Bent Over Rows	3 x 10-12			
Lateral Raises	3 x 15			
Tricep Dips	2 x 12-15			
Bicep Curls	2 x 12-15			

POST-WORKOUT RECOVERY NOTES