

STRENGTH TRAINING LOG

Week of: _____

Goal: Hypertrophy / Power

EXERCISE	SETS	REPS	WEIGHT	REST	DONE
MONDAY: UPPER BODY (PUSH)					
Bench Press	4	8-10		90s	
Overhead Press	3	10-12		60s	
Tricep Dips	3	Failure		60s	
TUESDAY: LOWER BODY (SQUAT)					
Back Squat	5	5		120s	
Leg Press	3	12-15		90s	
Calf Raises	4	15		45s	
THURSDAY: UPPER BODY (PULL)					
Deadlift	3	5		180s	
Pull Ups	3	Max		90s	

EXERCISE	SETS	REPS	WEIGHT	REST	DONE
Barbell Rows	4	8-10		90s	

Weekly Progress Notes / RPE Observations: