

# STRENGTH TRAINING LOG

WEEK STARTING: \_\_\_\_\_ PROGRAM PHASE: \_\_\_\_\_

EXERCISE	SETS	TARGET REPS	WEIGHT/LOAD	REST	PERFORMANCE NOTES
----------	------	-------------	-------------	------	-------------------

## Day 1: Upper Body / Push

Bench Press

Overhead Press

Lateral Raises

Tricep Extensions

Push-Ups (Max)

## Day 2: Lower Body / Legs

Barbell Squat

Romanian Deadlift

Leg Press

Calf Raises

EXERCISE	SETS	TARGET REPS	WEIGHT/LOAD	REST	PERFORMANCE NOTES
----------	------	-------------	-------------	------	-------------------

Plank Hold

### Day 3: Rest / Active Recovery

*Low-intensity walking, stretching, or mobility work*

### Day 4: Upper Body / Pull

Pull-Ups / Lat  
Pulldown

Barbell Row

Face Pulls

Bicep Curls

Hanging Leg  
Raises

### Day 5: Full Body / Accessory

Deadlift (Main)

Dumbbell  
Lunges

<b>EXERCISE</b>	<b>SETS</b>	<b>TARGET REPS</b>	<b>WEIGHT/LOAD</b>	<b>REST</b>	<b>PERFORMANCE NOTES</b>
-----------------	-------------	------------------------	--------------------	-------------	------------------------------

Incline DB  
Press

Rear Delt Flys

Russian Twists

**WEEKLY SUMMARY & NUTRITION NOTES**