

STRENGTH PROGRESS

DATE:
ROUTINE:
WEIGHT:

EXERCISE	SET	PREV WEIGHT	WEIGHT	REPS	RPE/NOTES
	1				
	2				
	3				
	1				
	2				
	3				
	1				
	2				
	3				
	1				
	2				

EXERCISE	SET	PREV WEIGHT	WEIGHT	REPS	RPE/NOTES
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3

TRAINING SESSION NOTES (RECOVERY, FOCUS, CARDIO)