

# RESISTANCE TRAINING LOG

Day _____		Dates _____		Side: BLUE RED		Day _____		Dates _____		Side: BLUE RED	
STATION/EXERCISE	MUSCLE/BODY REGION	SET 1		SET 2		STATION/EXERCISE	MUSCLE/BODY REGION	SET 1		SET 2	
		Reps	Wt.*	Reps	Wt.*			Reps	Wt.*	Reps	Wt.*

Day _____		Dates _____		Side: BLUE RED		Day _____		Dates _____		Side: BLUE RED	
STATION/EXERCISE	MUSCLE/BODY REGION	SET 1		SET 2		STATION/EXERCISE	MUSCLE/BODY REGION	SET 1		SET 2	
		Reps	Wt.	Reps	Wt.			Reps	Wt.	Reps	Wt.

\*For the Back Extension, Standing Abs & Plyo Jumps your Wt will be Body Weight (unless you add weight like an exercise ball)