

# Workout Log Sheet

## Day 1: Lower Body + Core

| Exercise             | Sets | Reps             | Weight Used | Notes |
|----------------------|------|------------------|-------------|-------|
| Back Squat           | 3    | 10-12            |             |       |
| Romanian Deadlift    | 3    | 10-12            |             |       |
| Walking Lunges       | 3    | 12-15 (each leg) |             |       |
| Leg Press            | 3    | 12-15            |             |       |
| Standing Calf Raises | 4    | 15-20            |             |       |
| Plank                | 3    | 30-60s           |             |       |
| Russian Twists       | 3    | 20-30 (total)    |             |       |

## Day 2: Upper Body Push + Shoulders

| Exercise               | Sets | Reps    | Weight Used | Notes |
|------------------------|------|---------|-------------|-------|
| Bench Press            | 3    | 10-12   |             |       |
| Incline Dumbbell Press | 3    | 10-12   |             |       |
| Seated Shoulder Press  | 3    | 10-12   |             |       |
| Lateral Raises         | 3    | 12-15   |             |       |
| Tricep Pushdowns       | 3    | 12-15   |             |       |
| Overhead Tricep Ext.   | 3    | 12-15   |             |       |
| Push-ups               | 2-3  | to fail |             |       |

## Day 3: Lower Body + Back

| Exercise               | Sets | Reps             | Weight Used | Notes |
|------------------------|------|------------------|-------------|-------|
| Deadlift               | 3    | 8-10             |             |       |
| Front Squat            | 3    | 10-12            |             |       |
| Leg Curls              | 3    | 12-15            |             |       |
| Bulgarian Split Squats | 3    | 10-12 (each leg) |             |       |

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|                    |   |       |  |  |
|--------------------|---|-------|--|--|
| Seated Calf Raises | 4 | 15-20 |  |  |
| Lat Pulldowns      | 3 | 10-12 |  |  |
| Seated Cable Rows  | 3 | 10-12 |  |  |

## Day 4: Upper Body Pull + Arms

| Exercise                   | Sets | Reps   | Weight Used | Notes |
|----------------------------|------|--------|-------------|-------|
| Pull-ups/Assisted Pull-ups | 3    | 8-10   |             |       |
| Bent-over Rows             | 3    | 10-12  |             |       |
| Face Pulls                 | 3    | 12-15  |             |       |
| Dumbbell Bicep Curls       | 3    | 12-15  |             |       |
| Hammer Curls               | 3    | 12-15  |             |       |
| Dips                       | 3    | 10-12  |             |       |
| Farmer's Walks             | 3    | 30-40m |             |       |

## Weekly Progress Tracker

| Week   | Weight Progress (increase/decrease) | Comments |
|--------|-------------------------------------|----------|
| Week 1 |                                     |          |
| Week 2 |                                     |          |
| Week 3 |                                     |          |
| Week 4 |                                     |          |

## Additional Notes

- Warm-up: Always include dynamic stretching and activation exercises before workouts.
- Cool down: Incorporate static stretching post-workout to aid recovery.