

Name: _____

Class Period: _____

Weight Training Record Sheet

Date

Kettlebell Swings	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
Kettlebell Squats	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
Overhead Press	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
Pull-Ups	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
Butterfly	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
Box Jumps	@	@	@	@	@
	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:
	Wt:	Wt:	Wt:	Wt:	Wt:
	Set:	Set:	Set:	Set:	Set:
	Rep:	Rep:	Rep:	Rep:	Rep:

Weight Training Record

Michael Smith

Weight Training Record:

Workout Log Book Fitness Workout,2019-12-27 Best fitness workout log Keeping a detailed journal is a practice you'll be grateful for in the long run The more information you write down the more useful it will be In this Bodybuilding journal you can record the following Weight Lifting DiaryDetails Of This Journal Include 6X9 inches 120 pages Matte Finished Cover and White Paper If you are looking for another book excellent journals and notebooks perfect for school work and home Make sure to click on the Author's name for Other Great Journal design [Fitness Journal and Weight Lifting Log](#) The Bench Press,2019-11-25 Finally a weightlifting logbook created by women for women Spinning your wheels in the weights room Want to boost your performance and make those gains If you're a female that likes to lift and want to understand more about your training performance to get better results then it's time to start tracking more than just sets and reps A workout journal like no other this logbook is designed to help you track not just your workouts but many areas that affect your training from mood and motivation strength and energy to sleep quality peri workout nutrition and even your monthly cycle Alongside 60 undated workout logs there's a companion health inventory designed to help you learn about how your body performs at different times of the month and in response to different variables so you can tweak your programming and become the best version of you possible There's also dedicated space for goal setting physique check ins tracking PRs on lifts over time and a recap at the end of the training period This female specific strength training logbook helps you SET UP FOR SUCCESS WITH GOAL SETTING Write down your goals for the training period across strength endurance conditioning physique and flexibility mobility Get clear on your why understand what drives you to succeed MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS Start with an initial check in and follow up every month to track progress Log weight body fat lean mass water % and body measurements across 10 areas TRACK 60 WORKOUTS If you train 5x a week this logbook will last a full 12 week training cycle 60 workouts 3 months Each log has space to track 5 sets of 10 exercises 4 cardio endurance activities ADVANCE YOUR TRAINING WITH THE HEALTH INVENTORY The ultimate workout log addition for women helps you understand how your training is affected by sleep nutrition and the stage of your monthly cycle What days do you feel strong When do you struggle to find motivation How often are you feeling fatigued LOG YOUR PERSONAL RECORDS A double page spread to record PRs and track strength progress over time CONVENIENT PORTABLE SIZE This paperback logbook is a handy 6 x 9 size small enough to fit inside your gym bag yet large enough to write in with plenty of space for notes It comes perfect bound with high quality 60GSM crisp white paper MODERN MOTIVATIONAL DESIGN Featuring wraparound artwork on a 220GSM soft cover notebook with a glossy finish that's easy to wipe off after a sweaty gym session More cover designs available on our Author Page The Bench Press The female cycle and its effect on training Did you know that the menstrual cycle has a huge impact on women's training Our hormones do more than suck our motivation and make us a little moody They affect every aspect of our fitness journey from strength to stamina and adherence During the follicular

phase you're likely at your strongest aim for those PRs Strength is elevated during ovulation yet you become more susceptible to injury In the luteal phase you generally don't feel as strong have a higher body temperature and burn more energy from fat stores Use the health inventory alongside your workout log to understand your personal cycle amplify your training and achieve your fitness goals **ARE YOU READY** The perfect gym companion for any woman seeking to make gains in the gym track their strength workouts and monitor their progress It also makes a great gift for all your fitness sisters Get your training on the right track Don't wait until the new year to start grab a copy now [Fitness Journal and Weight Lifting Log](#) The Bench Press, 2019-11-25 Finally a weightlifting logbook created by women for women Spinning your wheels in the weights room Want to boost your performance and make those gains If you're a female that likes to lift and want to understand more about your training performance to get better results then it's time to start tracking more than just sets and reps A workout journal like no other this logbook is designed to help you track not just your workouts but many areas that affect your training from mood and motivation strength and energy to sleep quality peri workout nutrition and even your monthly cycle Alongside 60 undated workout logs there's a companion health inventory designed to help you learn about how your body performs at different times of the month and in response to different variables so you can tweak your programming and become the best version of you possible There's also dedicated space for goal setting physique check ins tracking PRs on lifts over time and a recap at the end of the training period This female specific strength training logbook helps you **SET UP FOR SUCCESS WITH GOAL SETTING** Write down your goals for the training period across strength endurance conditioning physique and flexibility mobility Get clear on your why understand what drives you to succeed **MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS** Start with an initial check in and follow up every month to track progress Log weight body fat lean mass water % and body measurements across 10 areas **TRACK 60 WORKOUTS** If you train 5x a week this logbook will last a full 12 week training cycle 60 workouts 3 months Each log has space to track 5 sets of 10 exercises 4 cardio endurance activities **ADVANCE YOUR TRAINING WITH THE HEALTH INVENTORY** The ultimate workout log addition for women helps you understand how your training is affected by sleep nutrition and the stage of your monthly cycle What days do you feel strong When do you struggle to find motivation How often are you feeling fatigued **LOG YOUR PERSONAL RECORDS** A double page spread to record PRs and track strength progress over time **CONVENIENT PORTABLE SIZE** This paperback logbook is a handy 6 x 9 size small enough to fit inside your gym bag yet large enough to write in with plenty of space for notes It comes perfect bound with high quality 60GSM crisp white paper **MODERN MOTIVATIONAL DESIGN** Featuring wraparound artwork on a 220GSM soft cover notebook with a glossy finish that's easy to wipe off after a sweaty gym session More cover designs available on our Author Page The Bench Press The female cycle and its effect on training Did you know that the menstrual cycle has a huge impact on women's training Our hormones do more than suck our motivation and make us a little moody They affect every aspect of our fitness journey from strength to stamina and adherence

During the follicular phase you're likely at your strongest aim for those PRs Strength is elevated during ovulation yet you become more susceptible to injury In the luteal phase you generally don't feel as strong have a higher body temperature and burn more energy from fat stores Use the health inventory alongside your workout log to understand your personal cycle amplify your training and achieve your fitness goals ARE YOU READY The perfect gym companion for any woman seeking to make gains in the gym track their strength workouts and monitor their progress It also makes a great gift for all your fitness sisters Get your training on the right track Don't wait until the new year to start grab a copy now [Weight Training Log Book](#) Flying Piggy Publishing, 2019-07-06 We have designed this Log Book and Journal to provide you with everything you need to track your workout Inside these well thought out pages you will find Daily Workout Logs to record Lifts Reps Sets and Weight for 180 workouts Personal Record Logs to track your progress improvement and fitness Six Month Planner to track your own Training Plan and Schedule Plenty of room for notes to track nutrition water sleep steps anything you choose

Weight Lifting Log Book Wittig Amro, 2023-02 [Weight Training Log](#) Mark Zar, 2023-04-08 **Fitness Journal and Weight Lifting Log** The Bench Press, 2019-11-25 Finally a weightlifting logbook created by women for women Spinning your wheels in the weights room Want to boost your performance and make those gains If you're a female that likes to lift and want to understand more about your training performance to get better results then it's time to start tracking more than just sets and reps A workout journal like no other this logbook is designed to help you track not just your workouts but many areas that affect your training from mood and motivation strength and energy to sleep quality peri workout nutrition and even your monthly cycle Alongside 60 undated workout logs there's a companion health inventory designed to help you learn about how your body performs at different times of the month and in response to different variables so you can tweak your programming and become the best version of you possible There's also dedicated space for goal setting physique check ins tracking PRs on lifts over time and a recap at the end of the training period This female specific strength training logbook helps you SET UP FOR SUCCESS WITH GOAL SETTING Write down your goals for the training period across strength endurance conditioning physique and flexibility mobility Get clear on your why understand what drives you to succeed MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS Start with an initial check in and follow up every month to track progress Log weight body fat lean mass water % and body measurements across 10 areas TRACK 60 WORKOUTS If you train 5x a week this logbook will last a full 12 week training cycle 60 workouts 3 months Each log has space to track 5 sets of 10 exercises 4 cardio endurance activities ADVANCE YOUR TRAINING WITH THE HEALTH INVENTORY The ultimate workout log addition for women helps you understand how your training is affected by sleep nutrition and the stage of your monthly cycle What days do you feel strong When do you struggle to find motivation How often are you feeling fatigued LOG YOUR PERSONAL RECORDS A double page spread to record PRs and track strength progress over time CONVENIENT PORTABLE SIZE This paperback logbook is a handy 6 x 9 size small enough to fit inside your gym bag yet large enough to write in with

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Strength Training Vladimir M. Zatsiorsky, William J. Kraemer, Andrew C. Fry, 2021 *Science and Practice of Strength Training* addresses the complexity of strength training programs while providing advice in customizing programs for athletes and other populations. It covers velocity training, intensity timing, exercises, injury prevention, overtraining, and athlete monitoring.

Strength Training for Women Cupido A.I. Saage, 2025-06-13 Discover the transformative power of strength training specifically designed for women with this comprehensive guide to weight training and resistance exercises. This practical resource bridges the gap between scientific knowledge and practical application, making strength training accessible to women of all fitness levels. The book begins by addressing the physiological aspects unique to women, including hormonal considerations and their impact on muscle development. You'll learn why the common fear of bulking up is largely unfounded and how strength training actually helps women develop lean, defined muscles while boosting metabolism.

Whether you're training at home or in a gym, you'll find detailed guidance on selecting appropriate equipment from bodyweight exercises to resistance bands, dumbbells, and barbells. The book presents a variety of training methods, including bodyweight, resistance free weights, and circuit training approaches that can be adapted to your specific circumstances. For beginners, the step-by-step training plans provide a solid foundation in proper form and technique, with careful attention to load management and recovery periods. More experienced lifters will benefit from advanced programming strategies, including periodization, split routines, and intensity techniques to overcome plateaus. The extensive exercise catalog covers targeted muscle development for all body regions, upper body workouts for chest, back, shoulders, and arms, lower body exercises focusing on glutes and thighs, and effective core training beyond traditional sit-ups. Each exercise includes clear instructions and progression options. Home-based training receives special attention with equipment-free workout protocols, dumbbell programs for limited spaces, and creative alternatives using household items when traditional equipment isn't available. Complementary sections address crucial factors for optimal results, including protein requirements for women, muscle development, energy balance, recovery strategies, and techniques for maintaining motivation and consistency.

This practical guide empowers women to embrace weight training with confidence, providing the knowledge and tools to build strength, enhance physique, and improve overall health through effective resistance training. For this book, we relied on innovative technologies including Artificial Intelligence and tailor-made software solutions. These supported us in numerous process steps: brainstorming and research, writing and editing, quality assurance, as well as the creation of decorative illustrations. We aim to provide you with a reading experience that is particularly harmonious and contemporary.

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Make sure to click on the Author's name for Other Great Journal design **Weight Lifting Log Book** Michael Smith, 2022-08-22 Do you want to achieve your fitness goals faster but struggle to keep up with your workout routines Strength training is one of the best things you can do for both your health and for changing the way your body looks and feels Looking to optimise the time you spend at the gym For a moment forget the latest and greatest in supplements and workout gear or the most recent fitness fad to hit the late night infomercial circuit Something as simple as keeping a workout log can help you stay focused and keep you motivated as you chase down your fitness goals Training logs are essential for beginners because everything is new to them the names of exercises the loads they used etc Later after your beginner gains have come and gone progress often screeches to a halt So how do you start gaining muscle and strength again The answer by keeping a workout log A workout journal helps you keep track of your training so that each session is effective Research from American Psychological Association shows that people who track their progress are far more likely to reach their goals If this is something you haven't considered here are reasons why you should be keeping a workout log Stay on track when you get to the gym or wherever you train you simply open up your log look at what you did last time and try to beat it Motivation What a better way to keep yourself motivated than to look back over your workout log and see the progress that you have made You don't need to remember what numbers you hit the previous session It definitely serves better than your memory where you can easily forget the details Helps to plan your next workout session in a way that further improves your progress on a consistent basis as opposed to just throwing together a random workout Accountability prevent those days where we cheat a little and use lighter weights or do fewer sets than we planned Enhances your confidence and determination to keep going and maintain focus on your fitness goals Consistency a key to fitness success is having consistently good workouts Keeps you committed to your plan Injury Prevention If you experience nagging signs of an injury you can identify what caused it by using your training records Knowing this information can really help prevent future injuries so you know what not to do If you're looking for an easy simple and efficient workout log tracker we have created one for you It will help you visually see your progress over time and track all info about your workouts in one place Each Workout Page includes plenty of space to record Date Time and Week Day Weight Which Muscle Group you're targeting for the day Boxes to check if you Stretched and Warmed Up Strength Training Exercise Name Reps Weight for each Set Cardio Type Time Speed Distance Heart Rate and Calories burned Notes section for you to write additional remarks Additionally to 120 workout pages you will get 1 bonus page at the beginning of the journal to track all your body measurements and their changes in one place Benefits of tracking are huge People who track stay on track Make sure you're one of them If you're ready to take your training to the next level then scroll up and click add to cart NOW **Weight Lifting Log Book** Mara Schimdt, 2022-12-07 *The Weider Wight Training Log* Daniel Levesque, Ben Weider, Joe Weider, 2004-09 As the International Federation of BodyBuilders IFBB worldwide official training log this second edition enjoys a unique recognition This is the most complete up to date training

tool for effectively monitoring safe regular progressive and balanced weight training and aerobic workouts for a full year The Weider Weight Training Log is unique and versatile It first looks for men and women who introduced fitness and weight training activities in their lifestyle It is designed to appeal to all levels beginners casual and serious fitness enthusiasts The book is endorsed by Ben Weider the International President of the IFBB with 173 countries as members and his famous brother Joe Weider trainer of champions and also publisher and editor of successful Weider Publications magazines The Log is a training tool with undeniable advantages adapted to all training methods makes it easy to monitor training helps to maintain motivation and interest is training and results oriented a complete analytical tool for fitness exercise instructors personal coaches physical education teachers and strength conditioning coaches and it slips easily into a gym bag Users can keep a daily record of their sports activities business appointments personal commitments and diet in a space equivalent to that available in traditional daily planners as well as keep track of their weight training sessions and aerobic workouts Unlike most training logs but like all daily planners it offers its users a full year of diary on a one page per day format

Fitness

Journal and Weight Lifting Log The Bench Press, 2019-11-25 Finally a weightlifting logbook created by women for women Spinning your wheels in the weights room Want to boost your performance and make those gains If you're a female that likes to lift and want to understand more about your training performance to get better results then it's time to start tracking more than just sets and reps A workout journal like no other this logbook is designed to help you track not just your workouts but many areas that affect your training from mood and motivation strength and energy to sleep quality peri workout nutrition and even your monthly cycle Alongside 60 undated workout logs there's a companion health inventory designed to help you learn about how your body performs at different times of the month and in response to different variables so you can tweak your programming and become the best version of you possible There's also dedicated space for goal setting physique check ins tracking PRs on lifts over time and a recap at the end of the training period This female specific strength training logbook helps you **SET UP FOR SUCCESS WITH GOAL SETTING** Write down your goals for the training period across strength endurance conditioning physique and flexibility mobility Get clear on your why understand what drives you to succeed **MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS** Start with an initial check in and follow up every month to track progress Log weight body fat lean mass water % and body measurements across 10 areas **TRACK 60 WORKOUTS** If you train 5x a week this logbook will last a full 12 week training cycle 60 workouts 3 months Each log has space to track 5 sets of 10 exercises 4 cardio endurance activities **ADVANCE YOUR TRAINING WITH THE HEALTH INVENTORY** The ultimate workout log addition for women helps you understand how your training is affected by sleep nutrition and the stage of your monthly cycle What days do you feel strong When do you struggle to find motivation How often are you feeling fatigued **LOG YOUR PERSONAL RECORDS** A double page spread to record PRs and track strength progress over time **CONVENIENT PORTABLE SIZE** This paperback logbook is a handy 6 x 9 size small enough to fit inside your gym bag yet large enough to write in with

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