



CROOKBACK HOME

STRENGTH TRAINING RECORD CARD

Week beginning / /

To be used in association with the
[Strength Training Diary](#).

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EXERCISE	Reps	1				2				3				4			
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
1.	Reps																
	Wt																
2.	Reps																
	Wt																
3.	Reps																
	Wt																
4.	Reps																
	Wt																
5.	Reps																
	Wt																
6.	Reps																
	Wt																
7.	Reps																
	Wt																
8.	Reps																
	Wt																
9.	Reps																
	Wt																
10.	Reps																
	Wt																
11.	Reps																
	Wt																
12.	Reps																
	Wt																

Print off the record sheet. Insert the exercises you wish to do each week in the left hand column. On each weekly record card there is room to record 4 training sessions. Three is probably adequate. There is space for 12 exercises and 4 sets of each exercise. On each set, record the number of repetitions you did and the weight. A reasonable workout would be 4 sets of 12, 10, 8, 6 repetitions, each time putting up the weight.

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