

Strength Training Log - BSOC

DAY TWO – LOWER BODY

Name:											
Month:											
Exercise	Date:										
LEG PRESS	lbs/kg										
	reps.										
LEG EXTENSION	lbs/kg										
	reps.										
LEG CURL	lbs/kg										
	reps.										
SQUAT/JAM PRESS	lbs/kg										
	reps.										
CALF RAISE 1	lbs/kg										
	reps.										
CALF RAISE 2	lbs/kg										
	reps.										
STEAMBOAT-BANDS	lbs/kg										
	reps.										
ABDOMINAL 1	lbs/kg										
	reps.										
ABDOMINAL 2	lbs/kg										
	reps.										
BOX JUMPS	lbs/kg										
	reps.										
BARBELL SHRUGS	lbs/kg										
	reps.										
EXTRA	lbs/kg										
	reps.										

CONDITIONING WORKOUT: 1 time a wk – sprint 40yds, jog back 40yds. Cycles of 5, with 3min. rest between. Do at least 3 cycles! (15 total) **RECORD DATES:**

Strength Training Log - BSOC

DAY 1 – UPPER BODY

Name:											
Month:											
Exercise	Date:										
CHEST PRESS	lbs/kg										
	reps.										
CHEST FLY	lbs/kg										
	reps.										
BICEPT CURL-BAR	lbs/kg										
	reps.										
BICEPT CURL-BELL	lbs/kg										
	reps.										
TRICEPT PRESS	lbs/kg										
	reps.										
DIPS-TRICEPT	lbs/kg										
	reps.										
LAT PULL DOWN	lbs/kg										
	reps.										
LOW ROW	lbs/kg										
	reps.										
LATERAL RAISE	lbs/kg										
	reps.										
ABDOMINAL 1	lbs/kg										
	reps.										
ABDOMINAL 2	lbs/kg										
	reps.										
EXTRA-	lbs/kg										
	reps.										

CONDITIONING WORKOUT: 1 time a wk – 2 miles under 15 minutes.

RECORD DATES: