BROOKLYN active mama

STRENGTH TRAINING LOG

Beginner edition · print one page per workout

DATE _____ WEEK # (1–4) _____ TODAY'S FOCUS ○ Upper ○ Lower ○ Full ENERGY (CIRCLE) 1 2 3 4 5

EXERCISE	SET	REPS	WEIGHT (LB)	REST (SEC)	FELT (CIRCLE)
1.	1				Easy · OK · Hard
	2				Easy · OK · Hard
	3				Easy · OK · Hard
2.	1				Easy · OK · Hard
	2				Easy · OK · Hard
	3				Easy · OK · Hard
3.	1				Easy · OK · Hard
	2				Easy · OK · Hard
	3				Easy · OK · Hard
4.	1				Easy · OK · Hard
	2				Easy · OK · Hard
	3				Easy · OK · Hard
5.	1				Easy · OK · Hard
	2				Easy · OK · Hard
	3				Easy · OK · Hard
6.	1				Easy · OK · Hard
	2				Easy · OK · Hard
	3				Easy · OK · Hard

BEGINNER CHEAT SHEET

Reps: 10–12 per set. **Rest:** 60–90 seconds between sets.

Right weight: the last 2 reps are tough, but your form stays clean.

Ready to go up? 12 clean reps on every set, two workouts in a row. Check your 4-week progression chart.

NOTES · WINS · WHAT TO CHANGE NEXT TIME

Free printable for personal use