Strength Training Log

Name: Seleang

Start date:

Exercise		01.21	02.05	2.26	3.1	3.5	3.7	3.9	3.14	4.8	5.6.23	10.13	9.21	02.19
Jump Squats	lbs.	5	5	5		5	5	5		5	5		5	5
Calf raises	reps	20	20	20		20	20	20		20	20		20	20
Leg Curls	lbs.	50	50	50	50		50	50	50	50	50		50	50
	reps	22	20	20	20		20	20	20	20	20		20	20
Hip Abd.	lbs.	95	95	95	95		95	95	95	95	95		95	95
	reps	20	20	20	20		20	20	20	20	20		20	20
Hip Add.	lbs.	50	50	50	50		50	50	50	50	50		50	50
	reps	20	20	20	20		20	20	20	20	20		20	20
Leg Extensions	lbs.	40	40	40	40		40	40	40	40	40		45	40
	reps	10	10	10	10		10	10	10	10	10		10	10
KICKBACKS	lbs.	3		3	3		3	3		3	3		3	3
	reps	10		12	12		20	15		15	15		10	12
Cable In rotation	lbs.	2		2		2	2	2		2		2		
	reps	20		20		20	20	20		20		20		
Cable Out rotation	lbs.	2		2		2	2	2		2		2		
	reps	10		12		12	12	12		12		12		
Cable Straight arm pulldown	lbs.	4		4		4	4	4		4		4		
	reps	20		20		20	20	20		20		20		
Cable Side Pull down	lbs.	4		4		4	4	4		4		4		
	reps	10		20		20	10	10		15		12		
FVT	lbs.	—		—	—	—	—	—				X		
	reps	—		—	—	—	—	—						
ROW	lbs.	30	30	30	30	—	30	30		30		30		
	reps	20	20	20	20	—	20	20		20		20		
Chest FLY	lbs.	30	30	50		30	30	30	30	30		30		
	reps	12	7	10		10	10	10	10	10		10		
Reverse FLY	lbs.	20	20	20		20	20	20	20	20		20		
	reps	10	10	10		10	10	10	10	10		12		
Tricep Pushdown	lbs.	2	2	2	2	—	2	2	2	2		2		
	reps	12	15	12	12	—	15	15	15	10		15		
Lat Pulldowns	lbs.	—		3	—	3	3	3		3		3		
	reps	—		20	—	20	20	20		20		20		
Trunk rotation	lbs.	3		3	3	—	3	3		3		3		
	reps	10		10	10	—	10	10		10		10		
Treadmill	level	1-Int	1 flat	0-2 Int	0-2 Int	0-2 Int	1.0	0-2	0-2	0-2	1	1.4/0	1.4	Interval
	time	20	10	0.5 mi	0.5 mi	0.5	0.5	0.5	0.5	0.5	0.82	0.52	10	19