

Workout Logs

Record your strength training workouts. Track sets, reps, and weight for each exercise.

CHEST + TRICEPS

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PHASE	EXERCISE	BEGINNER	EXP	NOTES
WarmUp	Stretching	5–10 min	10–15 min	Mobility focus
	Push-ups	2×10 bodyweight	3×15 bodyweight	Chest activation
	Pull-ups	2×5 assisted/band	3×8 bodyweight	Back activation
	Vertical Hand Hold	2×20s	3×30s	Shoulder stability
Main	Bench Press	3 sets × 12 reps 15–25kg	4×12,10,8,6 @ 20–40kg	Progressive overload
	Dumbbell Press	3×12 @ 6–10kg	3×12 @ 15–30kg	Controlled movement
	Tricep Pushdowns	3×12 @ 10–15kg	3×12 @ 20–35kg	Controlled movement
Finisher	Wrist Curls	2×15 @ 4–6kg	3×15 @ 6–10kg	Grip strength
	Reverse Wrist Curls	2×15 light	3×15 moderate	Balance forearms

BENCH PRESS



DUMBBELL PRESS



TRICEP PUSHDOWNS



SETS - REPS - WEIGHT

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BACK + BICEPS

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PHASE	EXERCISE	BEGINNER	EXP	NOTES
WarmUp	Stretching	5–10 min	10–15 min	Mobility focus
	Push-ups	2×10 bodyweight	3×15 bodyweight	Chest activation
	Pull-ups	2×5 assisted/band	3×8 bodyweight	Back activation
	Vertical Hand Hold	2×20s	3×30s	Shoulder stability
Main	Lat Pulldown	3×12 @ 20–30kg	4×12,10,8,6 @ 30–45kg	Smooth pull, full range
	Barbell Row	3×12 @ 20–25kg	3×12 @ 30–40kg	Neutral spine, controlled
	Dumbbell Curl	3×12 @ 6–8kg	3×12 @ 10–14kg	Slow tempo, squeeze at top
Finisher	Wrist Curls	2×15 @ 4–6kg	3×15 @ 6–10kg	Grip strength
	Reverse Wrist Curls	2×15 light	3×15 moderate	Balance forearms

LAT PULLDOWN



BARBELL ROW



DUMBBELL CURL



SETS - REPS - WEIGHT

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PHASE	EXERCISE	BEGINNER	EXP	NOTES
WarmUp	Stretching	5–10 min	10–15 min	Mobility focus
	Push-ups	2×10 bodyweight	3×15 bodyweight	Chest activation
	Pull-ups	2×5 assisted/band	3×8 bodyweight	Back activation
	Vertical Hand Hold	2×20s	3×30s	Shoulder stability
Main	Squats	3×12 @ 20–30kg	4×12,10,8,6 @ 30–60kg	Depth focus, keep core tight
	Leg Press	3×12 @ 40–60kg	3×12 @ 80–100kg	Controlled movement
	Calf Raises	3×15 bodyweight	4×20 bodyweight → +10kg	Full range, squeeze at top
Finisher	Wrist Curls	2×15 @ 4–6kg	3×15 @ 6–10kg	Grip strength
	Reverse Wrist Curls	2×15 light	3×15 moderate	Balance forearms

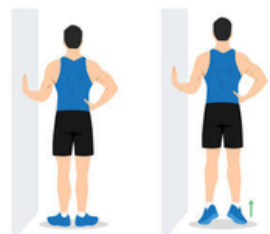
SQUATS



LEG PRESS



CALF RAISES



SETS - REPS - WEIGHT

Workout Logs

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SHOULDERS + ABS



PHASE	EXERCISE	BEGINNER	EXP	NOTES
WarmUp	Stretching	5–10 min	10–15 min	Mobility focus
	Push-ups	2×10 bodyweight	3×15 bodyweight	Chest activation
	Pull-ups	2×5 assisted/band	3×8 bodyweight	Back activation
	Vertical Hand Hold	2×20s	3×30s	Shoulder stability
Main	Dumbbell Shoulder Press	3×12 @ 6–10kg	4×12,10,8,6 @ 20–35kg	Keep back straight, core tight
	Lateral Raises	3×12 @ 4–6kg	3×15 @ 6–8kg	Don't swing, slow tempo
	Plank / Hanging Leg Raises	Plank 3×30s	Hanging Leg Raises 3×12	Core stability, controlled
Finisher	Wrist Curls	2×15 @ 4–6kg	3×15 @ 6–10kg	Grip strength
	Reverse Wrist Curls	2×15 light	3×15 moderate	Balance forearms

DUMBBELL SHOULDER PRESS



LATERAL RAISES



SETS - REPS - WEIGHT

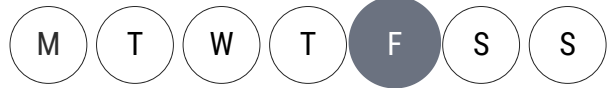
PLANK / HANGING LEG RAISES



Workout Logs

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CHEST + BACK POWER



PHASE	EXERCISE	BEGINNER	EXP	NOTES
WarmUp	Stretching	5–10 min	10–15 min	Mobility focus
	Push-ups	2×10 bodyweight	3×15 bodyweight	Chest activation
	Pull-ups	2×5 assisted/band	3×8 bodyweight	Back activation
	Vertical Hand Hold	2×20s	3×30s	Shoulder stability
Main	Push-ups	3×12 bodyweight	Incline Bench Press 4×6 @ 35–45kg	Strength focus, chest activation
	Dumbbell Row	3×12 @ 8–10kg	Weighted Pull-ups 4×6 (+5kg)	Explosive pull, lats + biceps
	Dumbbell Pullover	–	3×10 @ 12–16kg	Chest expansion, ribcage stretch
Finisher	Wrist Curls	2×15 @ 4–6kg	3×15 @ 6–10kg	Grip strength
	Reverse Wrist Curls	2×15 light	3×15 moderate	Balance forearms

PUSH-UPS



DUMBBELL ROW



SETS - REPS - WEIGHT

DUMBBELL PULLOVER



Workout Logs

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LEGS + GLUTES



PHASE	EXERCISE	BEGINNER	EXP	NOTES
WarmUp	Stretching	5–10 min	10–15 min	Mobility focus
	Push-ups	2×10 bodyweight	3×15 bodyweight	Chest activation
	Pull-ups	2×5 assisted/band	3×8 bodyweight	Back activation
	Vertical Hand Hold	2×20s	3×30s	Shoulder stability
Main	Step-ups	3×12 each leg (bodyweight or 4–6kg dumbbells)	3×12 each leg (10–12kg dumbbells)	Balance + unilateral strength
	Glute Bridge / Hip Thrust	Glute Bridge 3×12 (bodyweight or 10kg plate)	Hip Thrusts 3×12 @ 40–60kg	Glute squeeze, avoid arching
	Bulgarian Split Squats	3×12 each leg (bodyweight or 6–8kg dumbbells)	3×12 each leg @ 10–12kg	Controlled, upright posture
Finisher	Wrist Curls	2×15 @ 4–6kg	3×15 @ 6–10kg	Grip strength
	Reverse Wrist Curls	2×15 light	3×15 moderate	Balance forearms



SETS - REPS - WEIGHT

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RECOVERY

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PHASE	EXERCISE	BEGINNER	EXP	NOTES
Main	Stretching + Yoga	20 min	20–30 min	Focus on flexibility and breathing
	Foam Rolling	5–10 min	10–15 min	Release tight muscles
	Light Cardio	Walk 20 min	Jog 20–30 min	Keep pace easy, recovery focus

STRETCHING + YOGA



FOAM ROLLING



LIGHT CARDIO

