

## OPTIMUM PERFORMANCE TRAINING FITNESS LOG

Name:  
Start Date:  
Fitness Coach:

Month:  
Program Goals:  
Phase:

		RESISTANCE TRAINING			
Body Muscle	Exercise	Sets	Reps	Weight	Intensity
<b>Chest</b>	Bench Press				
	Seated Press				
	Cable Crossover				
	Push-Ups				
<b>Biceps</b>	DB Curls				
	Preacher Curls				
	Barbell Curls				
	Cable Curls				
<b>Abdominals</b>	Leg Lifts				
	Seated Crunches				
	Mat Crunches				
	Ball Reverses				
<b>Shoulders</b>	DB Military Press				
	Frontal Raises				
	BW Pull-Ups				
	Weight Overhead				
<b>Triceps</b>	Barbell Overhead				
	Rope Pull Downs				
	BW Dips				
	Weight Overhead				
<b>Back</b>	Seated Row				
	Cable Row				
	Body Extensions				
	Seated Extensions				
<b>Legs</b>	Hamstring Curls				
	Quad Extensions				
	Calf Raises				
	Abuctor Machine				
	Adductor Machine				
	Glute Machine				
		<b>WEIGHT TRACKER</b>			
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>					
<b>Week 2</b>					
<b>Week 3</b>					
<b>Week 4</b>					