

Daily fitness assessment

Chart your weight-training progress daily by writing in the specific exercises you'll select from your Personal Fitness Guide. Each time you train, fill in the date and amount of weight lifted each repetition. This will help you keep track of how you're progressing.

UPPER BODY EXERCISES



Date: ____ / ____ / ____

Make photocopies for additional sheets.

	Exercise/choose one from each group	Reps	Weight Lifted	Notes
Chest	1. Barbell Bench Press	x12		
	2. Barbell Incline Press	x10		
	3. Dumbbell Bench Press	x 8		
	4. Dumbbell Incline Press	x 6		
	5. Dumbbell Flyes			
Back	6. Cable Crossovers	x12		
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
	1. Pull-Ups	x12		
	2. Wide-Grip Lat Pulldown	x10		
Shoulders	3. One-Arm Dumbbell Rows	x 8		
	4. Seated Cable Rows	x 6		
	5. Back Extensions			
	6. Straight-Arm Pulldowns	x12		
	Fill-in exercise chosen	x12		
Biceps	1. Seated Dumbbell Press	x12		
	2. Front Raises	x10		
	3. Lateral Raises	x 8		
	4. Reverse Flyes	x 6		
	5. Upright Cable Rows			
Triceps	6. Upright Barbell Rows	x12		
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
	1. Alternate Dumbbell Curls	x12		
	2. Barbell Curls	x10		
	3. Preacher Curls	x 8		
	4. Concentration Curls	x 6		
	5. Cable Curls			
	6. Hammer Curls	x12		
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
	1. Seated Triceps Presses	x12		
	2. Lying Triceps Presses	x10		
	3. Triceps Kickbacks	x 8		
	4. Triceps Pushdowns	x 6		
	5. Cable Extensions			
	6. Bench Dips	x12		
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		

Note: Consult with your physician or healthcare provider before commencing any new exercise, nutrition or supplementation program, particularly if you use prescription or over-the-counter medications, or if you are being treated by a healthcare provider for any chronic or medical condition. No representation is made about the results you may achieve from following the program; as every individual is unique, there are no typical results that you can expect from following these exercise, nutrition and supplement recommendations.

See Other Side For Lower Body Exercises

Body For Life Workout Sheets

Rachel Sandford



Body For Life Workout Sheets:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Body For Life Workout Sheets**

In some sort of inundated with screens and the cacophony of instant connection, the profound energy and psychological resonance of verbal artistry usually disappear in to obscurity, eclipsed by the constant barrage of noise and distractions. Yet, situated within the musical pages of **Body For Life Workout Sheets**, a interesting work of literary elegance that pulses with fresh feelings, lies an unique trip waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus manuals visitors on an emotional odyssey, lightly exposing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect their captivating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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