

# 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.



Date: \_\_\_ / \_\_\_ / \_\_\_

## UPPER BODY EXERCISES

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			
6. Cable Crossovers				
	▶ Fill-in exercise chosen			
	▶ Choose another exercise from the same group	x12		
		x12		
Back	1. Pull-Ups	x12		
	2. Wide-Grip Lat Pulldown	x10		
	3. One-Arm Dumbbell Rows	x 8		
	4. Seated Cable Rows	x 6		
	5. Back Extensions			
6. Straight-Arm Pulldowns				
	▶ Fill-in exercise chosen			
	▶ Choose another exercise from the same group	x12		
		x12		
Shoulders	1. Seated Dumbbell Press	x12		
	2. Front Raises	x10		
	3. Lateral Raises	x 8		
	4. Reverse Flyes	x 6		
	5. Upright Cable Rows			
6. Upright Barbell Rows				
	▶ Fill-in exercise chosen			
	▶ Choose another exercise from the same group	x12		
		x12		
Biceps	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				
	▶ Fill-in exercise chosen			
	▶ Choose another exercise from the same group	x12		
		x12		
Triceps	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				
	▶ Fill-in exercise chosen			
	▶ Choose another exercise from the same group	x12		
		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 Women

**Robert R. Redfield**



**Body For Life Women:**

## **Body For Life Women** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Body For Life Women**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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