

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			
▶ 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			
▶ 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			
▶ 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			
▶ 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			
▶ 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

Jicheng Xie



Body For Life Women:

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