

STRENGTH TRAINING LOG (Tue, Sat)

Name:															
Periodization Cycle:															
Workout 1: Tuesdays				Workout 2: Saturday				Workout 3: NA							
WARM-UP				WARM-UP				WARM-UP							
Exercise	Sets/Time	Reps	lbs	Notes	Exercise	Sets/Time	Reps	lbs	Notes	Exercise	Sets/Time	Reps	lbs	Notes	
Jumping Jacks	x100				TKD class					Jumping Jacks	5m			50 Reps	
										Dynamic Stretches	1			Front, side, back leg raises	
CORE/BALANCE/PLYOMETRIC/				CORE/BALANCE/PLYOMETRIC/				CORE/BALANCE/PLYOMETRIC/							
Exercise	Sets	Reps	lbs	Notes	Exercise	Sets	Reps	lbs	Notes	Exercise	Sets	Reps	lbs	Notes	
Hanging Knee Raises	4x10				Weighted Incline Situps	4x10	25	lbs		Abdominals					
Clam Plank	4x10				Clam Plank	4x10				Obliques					
STRENGTH				STRENGTH				STRENGTH							
Exercise	Sets	Reps	lbs	Notes	Exercise	Sets	Reps	lbs	Notes	Exercise	Sets	Reps	lbs	Notes	
Front Lunge	4x10				Side Lunge	4x10									
Glute Thrusters	4x10				Glute Thrusters	4x10									
Pike Pushups	4x10				Pike Pushups	4x10									
Pullup	4x5				Pullups	4x5									
Superman	4x10														
Sciatic Nerve Glide	2x15														
										Adductor flies	3				
										Isometric Side/front Stretches	3				
SPORT SPECIFIC				SPORT SPECIFIC				SPORT SPECIFIC							
Exercise	Sets	Reps	lbs	Notes	Exercise	Sets	Reps	lbs	Notes	Exercise	Sets	Reps	lbs	Notes	
Adductor flies	x100				Adductor flies	x100									
Isometric Side Stretches	3x10sec	each hold			Isometric Side Stretches	3x10sec	each hold								
COOL DOWN				COOL DOWN				COOL DOWN							
Exercise	Sets/Time		Notes	Exercise	Sets/Time		Notes	Exercise	Sets/Time		Notes	Exercise	Sets/Time		Notes
Relaxed Static Stretches	3 x 30 sec	hold		Relaxed Static Stretches	3 x 30 sec	hold		Relaxed Static Stretches							
Meditation	2m			Meditation	2m			Meditation							