

Name: _____ Course Number: _____

Section: _____ Date: _____

Resistance Training Log

Track and record your muscular strength and endurance progress.

Activity 1: Tracking Your Muscular Endurance

The following charts will help you to track your muscular endurance on different dates. Try to measure yourself at the same time and under the same conditions. These records can provide information as you pursue a physical activity program. Perform the activities in Assessments 5.1 and 5.2 to obtain values and classifications. Record your values below.

Test 1 Date: _____

Assessment technique	Value	Classification
Partial curl-up test		
Push-up test		
Other:		

Test 2 Date: _____

Assessment technique	Value	Classification
Partial curl-up test		
Push-up test		
Other:		

Test 3 Date: _____

Assessment technique	Value	Classification
Partial curl-up test		
Push-up test		
Other:		

Test 4 Date: _____

Assessment technique	Value	Classification
Partial curl-up test		
Push-up test		
Other:		

Activity 2: Resistance Training

Sample of Resistance Exercises

Muscle Group	Training with Weights (free weights or resistance machines)	Without Weights
Chest	Bench press	Push-ups; modified push-ups
Shoulder	Shoulder press	Pull-ups, chin-ups, modified dips
Arm (bicep)	Bicep curl	Arm curl, chin-ups
Arm (tricep)	Tricep curl	Pull-ups, modified dips
Hip/leg	Lunges	Lunges
Leg (thigh)	Half squat	
Leg (calf)	Heel raise	Heel raise

Monitor your workouts by recording the number of sets, repetitions, and the amount of weight.

Muscle group exercises	Date: set × rep / wt				
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /
	× /	× /	× /	× /	× /