

STRENGTH TRAINING EXERCISES & LOG

DRPENNY WEIGHT LOSS SERVICES INC @ WWW.DRPENNY.CA

NAME: _____ BMI: _____ BODY FAT %: _____ START WT. _____

CALORIES/DRA: _____ FITNESS LEVEL: _____ THR: _____ GOAL WT. _____

MEASUREMENTS: CHEST _____ BICEPTS _____ QUADS: _____ HIPS _____ WAIST _____

PHYSICAL LIMITATIONS: _____

REHAB MODIFICATION: _____

EXERCISES	BODY PART	MUSCLES	WEIGHT	SETS/REPS	WORKOUT DATE
BENCH PRESS	Chest	Pectorals			
DUMBBELL FLY	Chest	Pectorals			
PEC DECK	Chest	Pectorals			
STANDING BARBELL CURL	Arms	Front Biceps			
SEATED BARBELL CURL	Arms	Front Biceps			
CONCENTRATED BARBELL CURL	Arms	Front Biceps			
SQUATS	Thigh	Quadriceps			
LEG PRESS	Thigh	Quadriceps			
LEG EXTENTION	Thigh	Quadriceps			
MILITARY PRESS	Shoulder	Deltoids			
DELT FLY	Shoulder	Deltoids			
UPRIGHT ROW	Shoulder	Deltoids			
WIDE GRIP CHIN UPS	Back	Latissimus			
SEATED ROWS	Back	Latissimus			
CLOSE GRIP PULL-DOWN	Back	Latissimus			
LYING ARM EXTENTIONS	Arms	Triceps			
FRENCH PRESS	Arms	Triceps			
CABLE PUSHDOWN	Arms	Triceps			
STIFF LEGGED DEAD LIFT	Thigh	Hamstring			
LEG CURL	Thigh	Hamstrings			
STANDING CALF RAISES	Calves	Gastrocnemius			

SEATED CALF RAISE	Calves	Gastrocnemius			
DONKEY CALF RAISE	Calves	Gastrocnemius			
SHOULDER SHRUGS	Upper Back	Trapezius			
SHOULDER RETRACTION	Upper Back	Trapezius			

Calculate Your Training Heart Rate: Carotid Pulse Heart Rate

220 – (Age) _____ = _____ X .70 (moderate intensity) = _____ Beats per Minute divide by 6 for Beats per 10 seconds

Guidelines for Muscle Fitness Development

Type of Progression	Sets	Reps	Frequency
STRENGTH	2 – 3	6	2 – 3 WEEKS
STRENGTH / ENDURANCE	2 – 3	8 – 10	2 – 3 WEEKS
ENDURANCE	2 - 3	13 - 14	2 – 3 WEEKS

F.I.T.T. Principle for RAPID FAT BURNING

F – Frequency I – Intensity T – Type T – Time

FITNESS EXPENDITURE CHART FOR COMMON ACTIVITIES

Calories burned in 10 minutes	Women	Men
Fast Walking	45	60
Painting	45	60
Weeding	45	60
Passionate Sex	45	60
Washing the car	45	60
Play tag with child	50	67
Cleaning gutters	50	67
Pushing a lawnmower	55	73
Square dancing	55	73
Scrubbing floors	55	73
Trail hiking	60	80
Bike to work	60	80
Shovel snow	60	80
Moving furniture	60	80
Walking the up stairs	70	93
Cross country skiing	80	107
Running up stairs	150	200
Backpacking	80	107

