

### **WEIGHT TRAINING LOG**

<b>Exercise</b>	<b>Muscle Worked</b>	<b>Weight</b>	<b>Reps</b>	<b>Sets</b>
<b>1.</b>				
<b>2.</b>				
<b>3.</b>				
<b>4.</b>				
<b>5.</b>				
<b>6.</b>				
<b>7.</b>				
<b>8.</b>				
<b>9.</b>				
<b>10.</b>				
<b>11.</b>				

### **CARDIO LOG**

<b>Type/Machine</b>	<b>Time</b>

- **Warm-up with light weights, stretching or cardio before lifting heavy**
- **Complete 8-10 weight training exercises**
- **Work every major muscle group**
- **Work the largest muscles first**
- **Don't bang machines/plates or drop dumbbells**
- **Lift for 2 seconds and lower for 4 seconds**
- **Don't forget your abs**
- **Clean up your equipment when you are done**
- **Report any injuries to teacher**
- **Never be in the weight room unsupervised**
- **No horseplay**
- **Always use a spotter**
- **Proper footwear and athletic apparel must be worn**

**REPS: one complete motion of an exercise- 8-10 reps is acceptable for our class**

**SET: A group of consecutive repetitions – 2-3 sets is acceptable for our class**



**Neck**

**Traps** (trapezius)

**Shoulders** (deltoids)

**Chest** (pectoralis)

**Biceps** (biceps brachii)

**Forearm** (brachioradialis)

**Abs** (rectus abdominis)

**Quads** (quadriceps)

**Calves** (gastrocnemius)

**Traps** (trapezius)

**Triceps** (triceps brachii)

**Lats** (latissimus dorsi)

**Middle Back** (rhomboids)

**Lower Back**

**Glutes** (gluteus maximus and medius)

**Quads** (quadriceps)

**Hamstrings** (biceps femoris)

**Calves** (gastrocnemius)