

Weight Room Card

Name:		Goal:	
Date:			

Upper Body

Exercise:										
Weight:										
Reps:										
Sets:										
Exercise:										
Weight:										
Reps:										
Sets:										
Exercise:										
Weight:										
Reps:										
Sets:										
Exercise:										
Weight:										
Reps:										
Sets:										

Recommended: 2-3 days of resistance training per week with 24-48 rest period between.

Core

Exercise:

Sets:

Exercise:

Sets:

Lower Body

Exercise:

Weight:

Reps:

Sets:

Exercise:

Weight:

Reps:

Sets:

Exercise:

Weight:

Reps:

Sets:

Exercise:

Weight:

Reps:

Sets:

Cardio

Recommended: 30-45 minutes per day, or 150 minutes per week.

Exercise:

Exercise:

Total Time: