

# Weight Lifting Chart

Exercise	Date			Date			Date			Date			Date		
	Weight	sets	reps	Weight	sets	reps	Weight	sets	reps	Weight	sets	reps	Weight	sets	reps
<b>Warm-up</b>															
<b>Upper body</b>															
<b>Core</b>															
<b>Lower body</b>															
<b>Cool down</b>															

Weight = the pounds or kg of your weights or resistance  
 Reps = how many times in a row you perform one exercise (repetitions)  
 Sets = a group of reps