Printable Workout Log Template

Working toward your fitness – Writing a strength-training workout can be confusing. By following the steps below, you'll be able to write your own workout and stay organized tracking your weight training exercises.

- 1. Determine what the goal or focus of the workout will be. For example, are you targeting a specific muscle group or doing a total body workout?
- 2. Decide how much time you have to dedicate to the workout. Whether you are experienced in weight training looking to manage your time and stay organized, or just starting out and wanting to stay on track, planning your workout in advance can make the time you spend more efficient.
- 3. Determine what equipment you will have access to for the workout. Are you planning a home workout, or hitting the gym?

After you determine the above information, now you can write your workout following these tips from IUPUI Campus Recreation staff:

- Plan to include between 6 to 10 different strength-building exercises during your workout.
- Progress from multi-joint or dynamic lifting movements first (e.g. squats), then move on to single-joint exercise (e.g. bicep curl).
- Try 2 to 4 sets of each exercise for 8 to 12 repetitions each.
- Perform each exercise at a controlled tempo: 2 seconds to lift, and 2 seconds to lower the weight.
- Track the weight and reps for each exercise over time. Continue to challenge the body by gradually increasing either weight, reps, sets, number of exercises, or reducing rest time.
- Watch video demonstrations of strength exercises on Instagram at @CampusRecIUPUI

Date:	Focus of workout:					Cardio: Yes / No				
Strength Exercises	Set 1		Set	Set 2		Set 3		Set 4		
	We	ight Reps	Weight	Reps	Weight	Reps	Weight	Reps		
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

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Strength Exercises		Set 1		Set 2		Set 3		Set 4		
		Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	
1										
2										
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	V	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	
1										
2										
3										
4										
5										
6										
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8										
9										
10										