

RM 13–FM: Resistance Training Log

Name _____

Program Type _____ Program Day(s) _____



The time spent in workouts should be recorded in RM 7–PA: Physical Activity Log (Excel version) and used for the completion of the physical activity practicum (see Module A, Lesson 3).

Exercise	Day 1											
	Set 1 Beginner, Intermediate, Advanced				Set 2 Intermediate, Advanced				Set 3 Advanced			
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	
	Wt.		Reps		Wt.		Reps		Wt.		Reps	

Continued

