

AlaskaFit: Bodybuilding and Fitness

WEIGHT TRAINING

Date: _____ Intense Heavy

Start: _____ Finish: _____ Duration: _____

<u>Exercise</u>	<u>Set</u>	X	<u>Reps</u>	X	<u>Weight</u>
1.	1.	X	_____	X	_____
	2.	X	_____	X	_____
	3.	X	_____	X	_____
	4.	X	_____	X	_____

<u>Exercise</u>	<u>Set</u>	X	<u>Reps</u>	X	<u>Weight</u>
2.	1.	X	_____	X	_____
	2.	X	_____	X	_____
	3.	X	_____	X	_____
	4.	X	_____	X	_____

<u>Exercise</u>	<u>Set</u>	X	<u>Reps</u>	X	<u>Weight</u>
3.	1.	X	_____	X	_____
	2.	X	_____	X	_____
	3.	X	_____	X	_____
	4.	X	_____	X	_____

<u>Exercise</u>	<u>Set</u>	X	<u>Reps</u>	X	<u>Weight</u>
4.	1.	X	_____	X	_____
	2.	X	_____	X	_____
	3.	X	_____	X	_____
	4.	X	_____	X	_____

<u>Exercise</u>	<u>Set</u>	X	<u>Reps</u>	X	<u>Weight</u>
5.	1.	X	_____	X	_____
	2.	X	_____	X	_____
	3.	X	_____	X	_____
	4.	X	_____	X	_____

<u>Exercise</u>	<u>Set</u>	X	<u>Reps</u>	X	<u>Weight</u>
6.	1.	X	_____	X	_____
	2.	X	_____	X	_____
	3.	X	_____	X	_____
	4.	X	_____	X	_____

Cardio Session 1:

Time: _____

Activity: _____

Duration: _____

Level: _____ Distance: _____

Calories: _____

Sleep Tracker:

Time to bed: _____

Time up: _____

Hours Sleep: _____

Abs/Calves Tracker:

1. _____

2. _____

3. _____

4. _____

Stretching:

1. _____

2. _____

3. _____

4. _____

Cardio Session 2:

Time: _____

Activity: _____

Duration: _____

Level: _____ Distance: _____

Calories: _____

Notes:

Training Log

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