Daily fitness assessment

EAS Change Your Mind Change Your Body

Chart your weight-training progress daily by writing in the specific exercises you'll select from your Personal Fitness Guide. Each time you train, fill in the date and amount of weight lifted each repetition. This will help you keep track of how you're progressing.

Date: _____ / _____ / _____

Make photocopies for additional sheets.

UPPER BODY EXERCISES

	Exercise (choose one from each group)		Reps	Weight Lifted	Notes
Chest	1. Barbell Bench Press	4. Dumbbell Incline Press	x12		
	2. Barbell Incline Press	5. Dumbbell Flyes	x10		
	3. Dumbbell Bench Press	6. Cable Crossovers	x 8		
			x 6		
	▶ Fill-in exercise chosen		x12		
	▶ Choose another exercise from the same group		x12		
Back	1. Pull-Ups	4. Seated Cable Rows	x12		
	2. Wide-Grip Lat Pulldown	5. Back Extensions	x10		
	3. One-Arm Dumbbell Rows	6. Straight-Arm Pulldowns	x 8		
			x 6		
	▶ Fill-in exercise chosen		x12		
	▶ Choose another exercise from the same group		x12		
Shoulders	1. Seated Dumbbell Press	4. Reverse Flyes	x12		
	2. Front Raises	5. Upright Cable Rows	x10		
	3. Lateral Raises	6. Upright Barbell Rows	x 8		
			x 6		
	▶ Fill-in exercise chosen		x12		
	▶ Choose another exercise from the same group		x12		
Biceps	1. Alternate Dumbbell Curls	4. Concentration Curls	x12		
	2. Barbell Curls	5. Cable Curls	x10		
	3. Preacher Curls	6. Hammer Curls	x 8		
			x 6		
	▶ Fill-in exercise chosen		x12		
	▶ Choose another exercise from the same group		x12		
Triceps	1. Seated Triceps Presses	4. Triceps Pushdowns	x12		
	2. Lying Triceps Presses	5. Cable Extensions	x10		
	3. Triceps Kickbacks	6. Bench Dips	x 8		
			x 6		
	▶ Fill-in exercise chosen		x12		
	▶ Choose another exercise from the same group		x12		

Note: Consult with your physician or healthcare provider before commencing any new exercise, nutrition, or supplementation program, particularly if you are prescription or over-the-counter medications, or if you are being treated for a healthcare provider for any chronic or medical conditions. No representations are made about the results you may achieve from following the program, as every individual is unique. There are no typical results that you can expect from following these exercise, nutrition and supplement recommendations.

See Other Side For Lower Body Exercises

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Rachel Sandford

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nordküste von sizilien zur volkszählung 2001 hatte die insel 715 einwohner der größte ort ist vulcano porto mit 361 einwohnern gefolgt von vulcano piano mit 287 und vulcanello mit 49 einwohnern

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