


Resistance Training

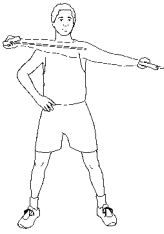
Use this chart to keep track of your progress using resistance tubing. Be sure to review the safety tips in LM 13 before you do resistance training. Talk to your PAL about your plan. Go over each of the exercises with your PAL.

Week of: _____

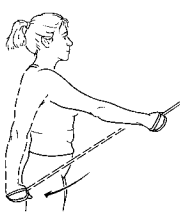
Chest Press- Chest

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

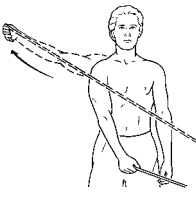
Chest Fly-Chest

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Shoulder Extension-Shoulder

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Shoulder Abduction- Shoulder (Mid)

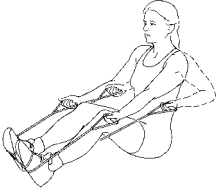
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	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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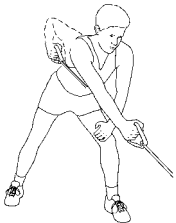
Shoulder Flexion- Shoulder (Anterior)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>


Seated Row-Back

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

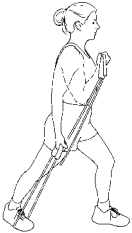
Standing Row-Back

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Tricep Extension-Arm (Posterior)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

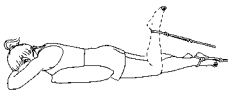
Biceps Curl- Arm (Anterior)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

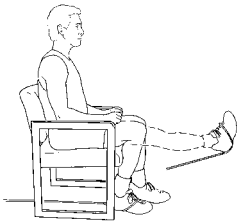
Hip Extension-Leg (Hamstrings)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

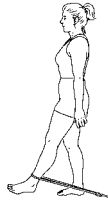
Knee Flexion-Leg (Hamstrings)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>


Knee Extension-Leg (Hamstrings)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

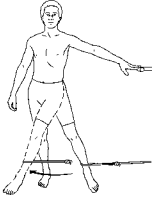
Hip Flexion-Leg (Quadriceps)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Hip Abduction- Leg (Outer Thigh)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Hip Adduction-Leg (Inner Thigh)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sets	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Reps	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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