

Daily fitness assessment

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.

UPPER BODY EXERCISES



Date: ____ / ____ / ____

Make photocopies for additional sheets.

	Exercise/choose one from each group	Reps	Weight Lifted	Notes
Chest	1. Barbell Bench Press	x12		
	2. Barbell Incline Press	x10		
	3. Dumbbell Bench Press	x 8		
	4. Dumbbell Incline Press	x 6		
	5. Dumbbell Flyes			
Back	6. Cable Crossovers	x12		
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
	1. Pull-Ups	x12		
	2. Wide-Grip Lat Pulldown	x10		
Shoulders	3. One-Arm Dumbbell Rows	x 8		
	4. Seated Cable Rows	x 6		
	5. Back Extensions			
	6. Straight-Arm Pulldowns	x12		
	Fill-in exercise chosen	x12		
Biceps	1. Seated Dumbbell Press	x12		
	2. Front Raises	x10		
	3. Lateral Raises	x 8		
	4. Reverse Flyes	x 6		
	5. Upright Cable Rows			
Triceps	6. Upright Barbell Rows	x12		
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
	1. Alternate Dumbbell Curls	x12		
	2. Barbell Curls	x10		
Triceps	3. Preacher Curls	x 8		
	4. Concentration Curls	x 6		
	5. Cable Curls			
	6. Hammer Curls	x12		
	Fill-in exercise chosen	x12		
Triceps	1. Seated Triceps Presses	x12		
	2. Lying Triceps Presses	x10		
	3. Triceps Kickbacks	x 8		
	4. Triceps Pushdowns	x 6		
	5. Cable Extensions			
Triceps	6. Bench Dips	x12		
	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 use prescription or over-the-counter medications, or if you are being treated by a healthcare provider for any chronic or medical condition. No representation is 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

Body For Life Exercise Sheets

Liyong Dong

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Body For Life Exercise Sheets:

Reviewing **Body For Life Exercise Sheets**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Body For Life Exercise Sheets**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://stats.tinkerine.com/About/detail/HomePages/Bellanca%20Decathlon%20Service%20Maintenance%20Manual%208kca b.pdf>

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