

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		
	3. Preacher Curls	x 8		
	4. Concentration Curls	x 6		
	5. Cable Curls			
	6. Hammer Curls	x12		
	Fill-in exercise chosen	x12		
	Choose another exercise from the same group	x12		
	1. Seated Triceps Presses	x12		
	2. Lying Triceps Presses	x10		
	3. Triceps Kickbacks	x 8		
	4. Triceps Pushdowns	x 6		
	5. Cable Extensions			
	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

Bill Phillips



Body For Life Exercise Sheets:

Unveiling the Magic of Words: A Report on "**Body For Life Exercise Sheets**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Body For Life Exercise Sheets**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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Table of Contents **Body For Life Exercise Sheets**

1. Understanding the eBook **Body For Life Exercise Sheets**
 - The Rise of Digital Reading **Body For Life Exercise Sheets**
 - Advantages of eBooks Over Traditional Books
2. Identifying **Body For Life Exercise Sheets**
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an **Body For Life Exercise Sheets**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **Body For Life Exercise Sheets**
 - Personalized Recommendations
 - **Body For Life Exercise Sheets** User Reviews and Ratings
 - **Body For Life Exercise Sheets** and Bestseller Lists

5. Accessing Body For Life Exercise Sheets Free and Paid eBooks
 - Body For Life Exercise Sheets Public Domain eBooks
 - Body For Life Exercise Sheets eBook Subscription Services
 - Body For Life Exercise Sheets Budget-Friendly Options
6. Navigating Body For Life Exercise Sheets eBook Formats
 - ePub, PDF, MOBI, and More
 - Body For Life Exercise Sheets Compatibility with Devices
 - Body For Life Exercise Sheets Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Body For Life Exercise Sheets
 - Highlighting and Note-Taking Body For Life Exercise Sheets
 - Interactive Elements Body For Life Exercise Sheets
8. Staying Engaged with Body For Life Exercise Sheets
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Body For Life Exercise Sheets
9. Balancing eBooks and Physical Books Body For Life Exercise Sheets
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Body For Life Exercise Sheets
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Body For Life Exercise Sheets
 - Setting Reading Goals Body For Life Exercise Sheets
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Body For Life Exercise Sheets
 - Fact-Checking eBook Content of Body For Life Exercise Sheets
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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