

Name: _____

Wesleyan University Strength Program

LOG FORM	LOG FORM	LOG FORM
Log down your weight lifted / # of times you lifted the weight. Be progressive from workout to workout! Day 1: Set = Weight/Repetitions 1. Set 1. / Set 2. / Set 3. / Set 4. / 2. Set 1. / Set 2. / Set 3. / Set 4. / 3. Set 1. / Set 2. / Set 3. / Set 4. / 4. Set 1. / Set 2. / Set 3. / Set 4. / 5. Set 1. / Set 2. / Set 3. / Set 4. / 6. Set 1. / Set 2. / Set 3. / Set 4. / 7. Set 1. / Set 2. / Set 3. / Set 4. / 8. Set 1. / Set 2. / Set 3. / Set 4. / Core Work: Perform ea. day (3-5 min abs) Day 2: Set = Weight/Repetitions 1. Set 1. / Set 2. / Set 3. / Set 4. / 2. Set 1. / Set 2. / Set 3. / Set 4. / 3. Set 1. / Set 2. / Set 3. / Set 4. / 4. Set 1. / Set 2. / Set 3. / Set 4. / 5. Set 1. / Set 2. / Set 3. / Set 4. / 6. Set 1. / Set 2. / Set 3. / Set 4. / 7. Set 1. / Set 2. / Set 3. / Set 4. / 8. Set 1. / Set 2. / Set 3. / Set 4. / Core Work: Perform ea. day (3-5 min abs)	Log down your weight lifted / # of times you lifted the weight. Be progressive from workout to workout! Day 1: Set = Weight/Repetitions 1. Set 1. / Set 2. / Set 3. / Set 4. / 2. Set 1. / Set 2. / Set 3. / Set 4. / 3. Set 1. / Set 2. / Set 3. / Set 4. / 4. Set 1. / Set 2. / Set 3. / Set 4. / 5. Set 1. / Set 2. / Set 3. / Set 4. / 6. Set 1. / Set 2. / Set 3. / Set 4. / 7. Set 1. / Set 2. / Set 3. / Set 4. / 8. Set 1. / Set 2. / Set 3. / Set 4. / Core Work: Perform ea. day (3-5 min abs) Day 2: Set = Weight/Repetitions 1. Set 1. / Set 2. / Set 3. / Set 4. / 2. Set 1. / Set 2. / Set 3. / Set 4. / 3. Set 1. / Set 2. / Set 3. / Set 4. / 4. Set 1. / Set 2. / Set 3. / Set 4. / 5. Set 1. / Set 2. / Set 3. / Set 4. / 6. Set 1. / Set 2. / Set 3. / Set 4. / 7. Set 1. / Set 2. / Set 3. / Set 4. / 8. Set 1. / Set 2. / Set 3. / Set 4. / Core Work: Perform ea. day (3-5 min abs)	Log down your weight lifted / # of times you lifted the weight. Be progressive from workout to workout! Day 1: Set = Weight/Repetitions 1. Set 1. / Set 2. / Set 3. / Set 4. / 2. Set 1. / Set 2. / Set 3. / Set 4. / 3. Set 1. / Set 2. / Set 3. / Set 4. / 4. Set 1. / Set 2. / Set 3. / Set 4. / 5. Set 1. / Set 2. / Set 3. / Set 4. / 6. Set 1. / Set 2. / Set 3. / Set 4. / 7. Set 1. / Set 2. / Set 3. / Set 4. / 8. Set 1. / Set 2. / Set 3. / Set 4. / Core Work: Perform ea. day (3-5 min abs) Day 2: Set = Weight/Repetitions 1. Set 1. / Set 2. / Set 3. / Set 4. / 2. Set 1. / Set 2. / Set 3. / Set 4. / 3. Set 1. / Set 2. / Set 3. / Set 4. / 4. Set 1. / Set 2. / Set 3. / Set 4. / 5. Set 1. / Set 2. / Set 3. / Set 4. / 6. Set 1. / Set 2. / Set 3. / Set 4. / 7. Set 1. / Set 2. / Set 3. / Set 4. / 8. Set 1. / Set 2. / Set 3. / Set 4. / Core Work: Perform ea. day (3-5 min abs)