

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!	Log down your weight lifted / # of times you lifted the weight. Be progressive from workout to workout!	Log down your weight lifted / # of times you lifted the weight. Be progressive from workout to workout!
Day 1: Set = Weight/Repetitions	Day 1: Set = Weight/Repetitions	Day 1: Set = Weight/Repetitions
1. Set 1. / Set 2. / Set 3. / Set 4. /	1. Set 1. / Set 2. / Set 3. / Set 4. /	1. Set 1. / Set 2. / Set 3. / Set 4. /
2. _____ Set 1. / Set 2. / Set 3. /	2. _____ Set1. / Set 2. / Set 3. /	2. _____ Set1. / Set 2. / Set 3. /
3. _____ Set 1. / Set 2. / Set 3. /	3. _____ Set1. / Set 2. / Set 3. /	3. _____ Set1. / Set 2. / Set 3. /
4. _____ Set 1. / Set 2. / Set 3. /	4. _____ Set1. / Set 2. / Set 3. /	4. _____ Set1. / Set 2. / Set 3. /
5. _____ Set 1. / Set 2. / Set 3. /	5. _____ Set1. / Set 2. / Set 3. /	5. _____ Set1. / Set 2. / Set 3. /
6. _____ Set 1. / Set 2. / Set 3. /	6. _____ Set1. / Set 2. / Set 3. /	6. _____ Set1. / Set 2. / Set 3. /
7. _____ Set 1. / Set 2. / Set 3. /	7. _____ Set1. / Set 2. / Set 3. /	7. _____ Set1. / Set 2. / Set 3. /
8. _____ Set 1. / Set 2. / Set 3. /	8. _____ Set1. / Set 2. / Set 3. /	8. _____ Set1. / Set 2. / Set 3. /
9. _____ Set 1. / Set 2. / Set 3. /	9. _____ Set1. / Set 2. / Set 3. /	9. _____ Set1. / Set 2. / Set 3. /
Core Work: Perform ea. day (3-5 min abs)	Core Work: Perform ea. day (3-5 min abs)	Core Work: Perform ea. day (3-5 min abs)
Movements:	Movements:	Movements:
Day 2: Set = Weight/Repetitions	Day 2: Set = Weight/Repetitions	Day 2: Set = Weight/Repetitions
1. Set 1. / Set 2. / Set 3. / Set 4. /	1. Set 1. / Set 2. / Set 3. / Set 4. /	1. Set 1. / Set 2. / Set 3. / Set 4. /
2. _____ Set 1. / Set 2. / Set 3. /	2. _____ Set1. / Set 2. / Set 3. /	2. _____ Set1. / Set 2. / Set 3. /
3. _____ Set 1. / Set 2. / Set 3. /	3. _____ Set1. / Set 2. / Set 3. /	3. _____ Set1. / Set 2. / Set 3. /
4. _____ Set 1. / Set 2. / Set 3. /	4. _____ Set1. / Set 2. / Set 3. /	4. _____ Set1. / Set 2. / Set 3. /
5. _____ Set 1. / Set 2. / Set 3. /	5. _____ Set1. / Set 2. / Set 3. /	5. _____ Set1. / Set 2. / Set 3. /
6. _____ Set 1. / Set 2. / Set 3. /	6. _____ Set1. / Set 2. / Set 3. /	6. _____ Set1. / Set 2. / Set 3. /
7. _____ Set 1. / Set 2. / Set 3. /	7. _____ Set1. / Set 2. / Set 3. /	7. _____ Set1. / Set 2. / Set 3. /
8. _____ Set 1. / Set 2. / Set 3. /	8. _____ Set1. / Set 2. / Set 3. /	8. _____ Set1. / Set 2. / Set 3. /
9. _____ Set 1. / Set 2. / Set 3. /	9. _____ Set1. / Set 2. / Set 3. /	9. _____ Set1. / Set 2. / Set 3. /
Core Work: Perform ea. day (3-5 min abs)	Core Work: Perform ea. day (3-5 min abs)	Core Work: Perform ea. day (3-5 min abs)
Movements:	Movements:	Movements:
Day 3: Set = Weight/Repetitions	Day 3: Set = Weight/Repetitions	Day 3: Set = Weight/Repetitions
1. Set 1. / Set 2. / Set 3. / Set 4. /	1. Set 1. / Set 2. / Set 3. / Set 4. /	1. Set 1. / Set 2. / Set 3. / Set 4. /
2. _____ Set 1. / Set 2. / Set 3. /	2. _____ Set 1. / Set 2. / Set 3. /	2. _____ Set 1. / Set 2. / Set 3. /
3. _____ Set 1. / Set 2. / Set 3. /	3. _____ Set 1. / Set 2. / Set 3. /	3. _____ Set 1. / Set 2. / Set 3. /
4. _____ Set 1. / Set 2. / Set 3. /	4. _____ Set 1. / Set 2. / Set 3. /	4. _____ Set 1. / Set 2. / Set 3. /
5. _____ Set 1. / Set 2. / Set 3. /	5. _____ Set 1. / Set 2. / Set 3. /	5. _____ Set 1. / Set 2. / Set 3. /
6. _____ Set 1. / Set 2. / Set 3. /	6. _____ Set 1. / Set 2. / Set 3. /	6. _____ Set 1. / Set 2. / Set 3. /
7. _____ Set 1. / Set 2. / Set 3. /	7. _____ Set 1. / Set 2. / Set 3. /	7. _____ Set 1. / Set 2. / Set 3. /
8. _____ Set 1. / Set 2. / Set 3. /	8. _____ Set 1. / Set 2. / Set 3. /	8. _____ Set 1. / Set 2. / Set 3. /
9. _____ Set 1. / Set 2. / Set 3. /	9. _____ Set 1. / Set 2. / Set 3. /	9. _____ Set 1. / Set 2. / Set 3. /
Core Work: Perform ea. day (3-5 min abs)	Core Work: Perform ea. day (3-5 min abs)	Core Work: Perform ea. day (3-5 min abs)
Movements:	Movements:	Movements: