

# Training Tracking Sheet

Exercise	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	Weight	Weight	Weight	Weight	Weight	Weight	Weight
	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps	Sets/Reps
<b>Lower Body:</b>							
Glutes							
Quadriiceps							
Hamstrings							
Adductors/Abductors							
Calf / Anterior Tibias							
<b>Core:</b>							
Abdominals							
Obliques							
Trapezius (Traps)							
Latissimus Dorsi (Lats)							
Rhomboids							
<b>Upper Body:</b>							
Biceps							
Triceps							
Pectoris (Pecs or Chest)							
Deltoids							