

Strength Workout Journal

LockOnFitness.com™

Date: ____ / ____ / ____

Start Time: ____ : ____ am pm

Warmed Up

lbs

Stretched

kg

Muscle Group	Joint Action	Exercise	Sets	Rest	Reps	Weight
Chest						
Legs	Extend					
Back – Large Muscles						
Legs	Flex					
Shoulders	Flex					
	Extend					
Arms	Flex					
	Extend					
Abdomen						
Gluteals						
Back – Small (Spine & Shoulder Blade)						
Lower Legs	Flex - Shin					
	Extend - Calf					
Other:						

Recommended Sets Ratios:

Joint	Joint Action	Muscles	Sets Ratio	Example Exercises
Knee	Flex	Hamstrings	2	Leg Curls
	Extend	Quadriceps	3	Leg Extensions
Shoulder	Flex	Deltoids	2	Dumbbell Raises
	Extend	Trapezius	3	Bar Upright Rows
Elbow	Flex	Biceps	1	Bicep Curls
	Extend	Triceps	1	Triceps Overhead Extensions
Hip	Flex	Abdominals	1	Abdominal Crunches
	Extend	Gluteals	1	Back Extensions / Squats / Bridge

Notes / Adjustments:

Workout Quality Rating: 1 2 3 4 5 6 7 8 9 10