

1. Start by filling out the planned date, start time, and end time in the middle column.
2. Select two different exercises for each body part. Write the first exercise on the three lines next to "A." Write the second exercise on the two lines next to "B." Fill in each category with exercises that work the specified muscle group (i.e. chest, shoulders...)
 - a. If you have performed a previous workout, keep the same exercises and fill in the first column, labeled "Previous Workout," with the weight lifted, reps performed, and intensity from the same previous workout.
3. In the middle column, estimate the weights you will be lifting to reach the corresponding intensity levels.
4. During the workout, fill in the third column with the ACTUAL weight you lifted, reps performed, and intensities reached.

LIFETIME PHYSIQUE									
Exercise Log									
	Date			Date	1/10/2008	Date			
	Start Time			Start Time	6:45 a.m.	Start Time			
	End Time			End Time	7:30 a.m.	End Time			
Exercise	Previous Workout			Current Workout Goals			Current Workout Results		
	Weight	Reps	Intensity	Weight	Reps	Intensity	Weight	Reps	Intensity
Chest									
A	Dumbbell Bench Press		%	30 lbs	12	60%			%
	Dumbbell Bench Press		%	40 lbs	10	80%			%
	Dumbbell Bench Press		%	50 lbs	10	90%			%
B	Dumbbell Flyes		%	25 lbs	10	80%			%
	Dumbbell Flyes		%	30 lbs	12	100%			%
Shoulders									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Back									
A			%		12	60%			%
			%		10	80%			%
			%		10	90%			%
B			%		10	80%			%
			%		12	100%			%
Abs									
A			%		15	60%			%
			%		15	80%			%
			%		12	90%			%
B			%		15	80%			%
			%		12	100%			%

- In the middle column, fill in your planned workout date, start time, and end time.
- Select three different exercises for each body part. Write the first exercise on the three lines next to "A." Write the second exercise on the two lines next to "B." Write the third exercise on the single line next to "C." Fill in each category with exercises that work the specified muscle group (i.e. chest, shoulders...)
 - If you have performed a previous workout, keep the same exercises and fill in the first column, labeled "Previous Workout," with the weight lifted, reps performed, and intensity from the same previous workout.
- In the middle column, estimate the weights you will be lifting to reach the corresponding intensity levels.
- During the workout, fill in the third column with the ACTUAL weight you lifted, reps performed, and intensities reached.

LIFETIME PHYSIQUE												
Exercise Log												
	Date				Date	1/10/2008			Date			
	Start Time				Start Time	6:45 a.m.			Start Time			
	End Time				End Time	7:30 a.m.			End Time			
Exercise	Previous Workout			Current Workout Goals			Current Workout Results					
	Weight	Reps	Intensity	Weight	Reps	Intensity	Weight	Reps	Intensity			
Chest												
A	Incline Dumbbell Bench			%	20 lbs	12	60%					%
	Incline Dumbbell Bench			%	30 lbs	10	70%					%
	Incline Dumbbell Bench			%	40 lbs	8	80%					%
	Incline Dumbbell Bench			%	50 lbs	8	90%					%
B	Dumbbell Flyes			%	20 lbs	10	70%					%
	Dumbbell Flyes			%	30 lbs	10	80%					%
	Dumbbell Flyes			%	40 lbs	10	100%					%
C	Barbell Bench Press			%	135 lbs	12	100%					%
Shoulders												
A				%		12	60%					%
				%		10	70%					%
				%		8	80%					%
				%		8	90%					%
B				%		10	70%					%
				%		10	80%					%
				%		10	100%					%
C				%		12	100%					%
Biceps												
A				%		12	60%					%
				%		10	70%					%
				%		8	80%					%
				%		8	90%					%
B				%		10	70%					%
				%		10	80%					%
				%		10	100%					%
C				%		12	100%					%

1. Select and aerobics exercise that you plan on doing. Fill this in the space next to, "Exercise."
2. Fill in the date you perform your aerobics workout. Fill this in the space next to "Date."
3. After the workout, fill in the actual intensities you were able to reach in the boxes going down the page.

Lifetime Physique
1-week Aerobics Log

Exercise Plan		Date	Exercise	Date	Exercise	Date	Exercise
Minute	Intensity	1/11/2008	Running				
0-1	50%		50				
1-2	50%		50				
2-3	50%		50				
3-4	50%		50				
4-5	80%		80				
5-6	50%		50				
6-7	90%		80				
7-8	50%		50				
8-9	90%		90				
9-10	50%		50				
10-11	90%		90				
11-12	50%		50				
12-13	90%		100				
13-14	50%		50				
14-15	90%		80				
15-16	70%		60				
16-17	60%		60				
17-18	50%		50				
18-19	50%		50				
19-20	50%		50				