Strength training sheet

To use your strength training sheet, write your prescribed exercise program in the columns as follows: the exercise to be performed (for example, squat) in the Mode column, the load (for example, no added weight) in the Load column, the number of sets and repetitions of each exercise (for example, 2 sets of 10 repetitions) in the Number column. Once you have completed the exercise, tick the box corresponding to the day that you completed the exercise. Samples of strength training exercises are shown on pages 49.

Mode	Load	Number	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Example																
Squat	*no weight added*	*2 x 10 repetitions*	✓		✓		✓		✓		✓		✓		✓	