

Strength - Gaining the ability to exert more force. Teaching your body to lift more weight.

Strength Program

| | Date | | | | Date | | | | Date | | | | Date | | | |
|-----------------|--------------|--------------|--------------|------|--------------|--------------|--------------|------|--------------|--------------|--------------|------|--------------|--------------|--------------|------|
| Exercise | Set/ Reps | Set/ Reps | Set/ Reps | Rest | Set/ Reps | Set/ Reps | Set/ Reps | Rest | Set/ Reps | Set/ Reps | Set/ Reps | Rest | Set/ Reps | Set/ Reps | Set/ Reps | Rest |
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(Ex: Exercise/ Muscle/ # of reps/ # of sets)

Day 1

Day 2

Day 3

Day 4

Less is more when in a strength phase, check the guidelines!!!