

Strength and Conditioning Program

Name:

Primary Goal:

Secondary Goal:

Exercise	Weight	Date #1				Date #2				Date #3				Date #4			
		Set 1	Set 2	Set 3	Total	Set 1	Set 2	Set 3	Total	Set 1	Set 2	Set 3	Total	Set 1	Set 2	Set 3	Total
1																	
2																	
1																	
2																	
1																	
2																	

*Exercises 1 & 2 are performed with minimal rest between each exercise until the 3 sets are completed.

Exercise	Weight	Date #5				Date #6				Date #7				Date #8				% Improvement
		Set 1	Set 2	Set 3	Total	Set 1	Set 2	Set 3	Total	Set 1	Set 2	Set 3	Total	Set 1	Set 2	Set 3	Total	
1																		
2																		
1																		
2																		
1																		
2																		

*Exercises 1 & 2 are performed with minimal rest between each exercise until the 3 sets are completed.

