

STRENGTH AND CONDITIONING RECORDING FORM

STRENGTH TEST GOALS

NAME:

WEEKS:

DATES:

BENCH PRESS: _____ kgs
 SQUATS: _____ kgs
 CLEANS: _____ kgs
 CHINS: _____
 DATE: _____

COMMENTS:

COMBINATION		WEEK																			
SQUAT	REQ.REPS	8	10	12	3	3	8	10	12	3	3	8	10	12	3	3	8	10	12	3	3
	INTENSITY	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100
	RECOVERY	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-
	WATTS																				
INCLINE BENCH PRESS	REPS																				
	WEIGHT																				
SINGLE LEG PRESS	RECOVERY																				
	WEIGHT																				
LATPULLDOWN	REQ.REPS																				
	WEIGHT																				
DB ROW	REPS																				
	WEIGHT																				

UPPER BODY - PUSH		WEEK																			
DB BENCH PRESS -> CHEST FLYES	REQ.REPS	8	10	10	3	3	8	10	10	3	3	8	10	10	3	3	8	10	10	3	3
	INTENSITY	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100
	RECOVERY	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-
	BENCH KG FLYES KG																				
BB SHOULDER PRESS	REPS																				
	WEIGHT																				
INCLINE BENCH PRESS	REPS																				
	WEIGHT																				
DIPS	REPS	10	8	6	10		10	8	6	10		10	8	6	10		10	8	6	10	
	RECOVERY	60	45	30	-		60	45	30	-		60	45	30	-		60	45	30	-	
	WEIGHT																				
TRICEP CHOICE - 4 SETS	REPS																				
	WEIGHT																				

UPPER BODY - PULL		WEEK																			
CHINS	REQ.REPS	8	10	10	3	3	8	10	10	3	3	8	10	10	3	3	8	10	10	3	3
	INTENSITY	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100
	RECOVERY	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-
	WEIGHT																				
BENCH PULL	REQ.REPS																				
	WEIGHT																				
DB ROW	REPS																				
	WEIGHT																				
UPRIGHT ROW - WIDE GRIP	REPS																				
	WEIGHT																				
BICEP CHOICE - 4 SETS	REPS																				
	WEIGHT																				

LOWER BODY		WEEK																			
SQUAT	REQ.REPS	8	10	12	3	3	8	10	12	3	3	8	10	12	3	3	8	10	12	3	3
	INTENSITY	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100	80	90	90	100	100
	RECOVERY	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-	60	60	90	120	-
	WATTS																				
DEADLIFTS	REPS																				
	WEIGHT																				
SINGLE LEG PRESS	REPS	15	10	5	10		15	10	5	10		15	10	5	10		15	10	5	10	
	RECOVERY	60	45	30	-		60	45	30	-		60	45	30	-		60	45	30	-	
	WEIGHT																				