

TRAINING LOG

Upper A

Push · Side Delts · Triceps

Date _____ Week # _____ Weight (kg) _____ Energy (1–10) _____

Exercise	Target	Set 1	Set 2	Set 3	Set 4	Notes
DB Bench Press	3 × 8–10					
Seated DB Shoulder Press	3 × 8–10					
DB Lateral Raise ★	4 × 12–15					
Rope Triceps Pushdown	3 × 10–12					
Overhead DB Triceps Extension	2 × 12–15					

Leave 2 reps in the tank · 3 seconds down, 1 second up · add weight only once every set hits the top of its rep range · if form breaks, the set is over.

How did it feel? Anything to remember for next time:

TRAINING LOG

Lower (Maintenance)

Legs · Core

Date _____ Week # _____ Weight (kg) _____ Energy (1–10) _____

Exercise	Target	Set 1	Set 2	Set 3	Set 4	Notes
Goblet Squat	3 × 8–10					
DB Romanian Deadlift	3 × 8–10					
Bulgarian Split Squat	2 × 8/leg					
Single-Leg Calf Raise	3 × 12–15					
Side Plank	2 × 30s/side					
Dead Bug	2 × 10/side					
Pallof Press	2 × 10/side					

Leave 2 reps in the tank · 3 seconds down, 1 second up · add weight only once every set hits the top of its rep range · if form breaks, the set is over.

How did it feel? Anything to remember for next time:

TRAINING LOG

Upper B

Pull · Rear Delts · Biceps

Date _____ Week # _____ Weight (kg) _____ Energy (1–10) _____

Exercise	Target	Set 1	Set 2	Set 3	Set 4	Notes
Lat Pulldown	3 × 8–12					
Eccentric Pull-Up ★	3 × 3					
Chest-Supported DB Row	3 × 10–12					
Face Pull	3 × 15					
DB Lateral Raise ★	3 × 12–15					
DB Biceps Curl	3 × 10–12					
Hammer Curl	2 × 12–15					

Leave 2 reps in the tank · 3 seconds down, 1 second up · add weight only once every set hits the top of its rep range · if form breaks, the set is over.

How did it feel? Anything to remember for next time:

TRAINING LOG

Travel Session

Hotel Room · Dumbbells · Bands

Date _____ Week # _____ Weight (kg) _____ Energy (1–10) _____

Exercise	Target	Set 1	Set 2	Set 3	Set 4	Notes
Push-Up	3 × 8–12					
Band Lateral Raise ★	3 × 15					
Band Row	3 × 12–15					
Band Overhead Press	3 × 10					
Band Triceps Pushdown	2 × 12–15					
Band Biceps Curl	2 × 12–15					
Goblet Squat + Side Plank	2 × 12 / 2 × 30s					

Leave 2 reps in the tank · 3 seconds down, 1 second up · add weight only once every set hits the top of its rep range · if form breaks, the set is over.

How did it feel? Anything to remember for next time:

Posture Fix

Habit tracker for the runner's hunch · Wall Angel · Foam Roller · Chin Tuck · Prone Y-Raise · ~8 minutes

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Mark a day every time you do the routine — morning, a desk break, or folded into a lifting warm-up all count. It doesn't need to be perfect, just consistent.