

# My Strength Exercise Diary

**NOTE:** Record how many repetitions and sets you completed and weight used

**Date:**

**Week:**

|                   |                        | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-------------------|------------------------|-----|------|-----|-------|-----|-----|-----|
| <b>Upper body</b> | Bicep curl             |     |      |     |       |     |     |     |
|                   | Lateral arm raise      |     |      |     |       |     |     |     |
|                   | Shoulder press         |     |      |     |       |     |     |     |
|                   | Tricep curl            |     |      |     |       |     |     |     |
|                   | Front arm raise        |     |      |     |       |     |     |     |
|                   |                        |     |      |     |       |     |     |     |
| <b>Lower body</b> | Chair sit to stand     |     |      |     |       |     |     |     |
|                   | Squat                  |     |      |     |       |     |     |     |
|                   | Sideways leg lift      |     |      |     |       |     |     |     |
|                   | Leg extension          |     |      |     |       |     |     |     |
|                   | Heel raises            |     |      |     |       |     |     |     |
|                   | Knee raise             |     |      |     |       |     |     |     |
|                   |                        |     |      |     |       |     |     |     |
|                   | <b>Seated Options:</b> |     |      |     |       |     |     |     |
|                   | Knee extension         |     |      |     |       |     |     |     |
|                   | Knee raise             |     |      |     |       |     |     |     |
|                   | Heel raises            |     |      |     |       |     |     |     |