

Weight Log		Year:	Weeks:	Dates:	Cycle:														
Exercise	Date:																		
	Type:																		
	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	
Red																			
1	Squats 3x6 T 3.1.1																		
2	Romanian dead Lift 3x6 T 3.1.1																		
3	Silverback Shrugs 1x20 T 2.1.2/1.1.1																		
4	Split Squats 2x6 T 3.1.3																		
5	Calf Raises 10x2 T 2.1.2																		
Blue																			
1	Bench Press 3x6 T 3.1.1																		
2	Push Press 2x6 T 1.1.1																		
3	Weight Bar Squat & Press 15 (each side) T 1.1.1																		
4	Seated Cable Rows 3x6 T 3.1.1																		
5	Straight Arm PDwn 3x6 T 2.1.2																		
7	Inverted Rows 1 x AMAP																		
Green																			
1	Barbell Bent Over Rows 3x6 T 3.1.1																		
2	Lat Pulldown MDS 2x6 Wide over, shoulder under, narrow under																		
3	Face Pulls 3x6 T 1.1.2																		
4	Bradford Press 2x6 T 3.1.1																		
5	DB Hammer Curls 2x6 T 3.1.1																		
6	Close Grip Bench Press 2x6 T 3.1.1																		
7	BarBell Russian Twist 2x10 T 1.1.1																		

Tempo is the dominant feature of this last phase of Strength building. Weight remains the same for any exercise of less than 3 sets. Each number in the tempo section is one second in duration. This will be our last strength building series before we get back to power and explosiveness training. Enjoy!

Try to use one weight for all the exercises but adjust as needed. Record the weight used that would have been best from the start.