GEORGIA SOUTHWESTERN
DEPARTMENT OF HPER

Strength Training Chart

Name _____

EXERCISES	***Sets***	***Reps***	***Date>***																							
LEGS			***Seat #***																							
A-Machine Squat																										
A-Barbell Squat																										
A-Dumbbell Lunge																										
B-Nautilus Leg Curl																										
B-Nautilus Leg Extension																										
C-Nautilus Abduction																										
C-Nautilus Adduction																										
BACK																										
A-Lat Pulldown																										
A-Seated Row																										
A-Bent Over Row																										
B-Nautilus or DB Pullover																										
CHEST																										
A-Flat Bench Press																										
A-Incline Bench Press																										
A-Nautilus Chest Press																										
B-Nautilus or DB Fly																										
SHOULDERS																										
A-BB or DB Shoulder Press																										
A-Nautilus Shoulder Press																										
B-DB or Nautilus Lateral Raise																										
TRICEPS																										
A-Pressdown																										
A-Lying Press																										
A-Nautilus Triceps																										
BICEPS																										
A-Barbell Curl																										
A-Nautilus Biceps																										
A-DB Incline Curl																										
A-DB Seated Curl																										
ABDOMINALS																										
A-Crunches																										
A-Bent-Leg Sit-Ups																										
A-Nautilus Abdominals																										
A-Leg Lift or Nautilus Flexion																										
CALVES																										
A-Machine Toe Raise																										
A-DB One Legged Toe Raise																										

A-Primary Exercise B-Secondary Exercise BB-Barbell DB-Dumbbell