Workout Log

Beat last time: one more rep, or a little more weight. Write each set as weight × reps (e.g. 135×10).

Date | Workout (e.g. Push A) | Bodyweight | Units: lb / kg

Exercise	Last time	Target	Set 1	Set 2	Set 3	Set 4	Notes / reps left

Workout Log: filled-in example

Bench press with double progression (3 sets of 8–12 reps). Last time was 135 lb × 12, 12, 12, so today the weight goes up 5 lb.

Tue	Push A	178 lb	lb

Exercise	Last time	Target	Set 1	Set 2	Set 3	Set 4	Notes / reps left
Bench press	135×12, 12, 12	140 × 8+	140×10	140×9	140×9		last set 1 left
Incline DB press	50s×10, 9, 8	50s, +1 rep	50×11	50×9	50×9		

1. **Before you train,** copy last session's sets into the grey "Last time" column. That's the number to beat.
2. **Pick a rep range** (for example 8–12). Add reps each session at the same weight.
3. **When every set hits the top of the range,** add weight next time: about 5 lb (2.5 kg) on upper-body barbell lifts, 5–10 lb (2.5–5 kg) on lower-body lifts.
4. **Expect fewer reps after a weight jump.** 140×10 after 135×12 is progress, not a step back.
5. **Skip warm-up sets.** Log the working sets you want to beat next time.