

12-week workout log

Session: _____ Days: _____ Write the weight and reps for each set, e.g. 40 × 10.

When to add weight: You complete every set at the top of the rep range with clean technique. Add the smallest available increment next session and expect the reps to drop back towards the bottom of the range (1–2.5 kg on an upper-body movement; 2.5–5 kg on a lower-body movement, or one machine plate). If you miss the bottom of the range twice in a row on the same exercise, repeat the weight; if it happens again, drop it by about 5%.

Exercise	Set	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
	1												
	2												
	3												
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