



Petal & Paper

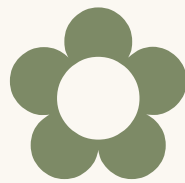
YOUR FREE PRINTABLE

Strength training progression log



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S T R E N G T H L O G

progression tracker

Date · ____ **Session:** push/pull/legs/full body **Bodyweight:** ____kg

Lift 1 · ____ **Set 1:** ____kg×____ **Set 2:** ____kg×____ **Set 3:**
____kg×____

Lift 2 · ____ **Set 1:** ____kg×____ **Set 2:** ____kg×____ **Set 3:**
____kg×____

Lift 3 · ____ **Set 1:** ____kg×____ **Set 2:** ____kg×____ **Set 3:**
____kg×____

Lift 4 · ____ **Set 1:** ____kg×____ **Set 2:** ____kg×____ **Set 3:**
____kg×____

New personal best? · **Lift:** ____ **Weight:** ____kg 🎉

Next session: progress one lift · _____

A D D A L I T T L E W E I G H T O R A R E P E A C H
T I M E — T H A T ' S P R O G R E S S I V E
O V E R L O A D

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