



STRENGTH TRAINING PLAN



Name: _____

DATE		TIME		TYPE		REMARKS	

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STRENGTH TRAINING PLAN



NAME: _____

DATE: _____

TIME: _____

WEIGHT: _____

REPS: _____

SETS: _____

REST: _____

WARM-UP: _____

EXERCISE 1: _____

EXERCISE 2: _____

EXERCISE 3: _____

EXERCISE 4: _____

EXERCISE 5: _____

EXERCISE 6: _____

EXERCISE 7: _____

EXERCISE 8: _____

EXERCISE 9: _____

EXERCISE 10: _____

EXERCISE 11: _____

EXERCISE 12: _____

THE SCIENCE OF STRENGTH TRAINING

RECOVERY	ADAPTATION	PERFORMANCE
1. REST	1. HYPERTROPHY	1. STRENGTH
2. NUTRITION	2. NEURAL ADAPTATION	2. ENDURANCE
3. HYDRATION	3. METABOLIC ADAPTATION	3. SPEED
4. SLEEP	4. HORMONAL ADAPTATION	4. POWER

