

LABORATORY 4.3



Complete Lab 4.3 online at
www.pearsonhighered.com/powers.

Name _____ Date _____
Instructor _____ Section _____

Tracking Your Progress

Use the log below to chart your strength-training progress. Record the date, number of sets, reps, and the weight for each of the exercises listed in the left column.

Date				
Exercise	St/Rp/Wt	St/Rp/Wt	St/Rp/Wt	St/Rp/Wt
Biceps curl (see Exercise 4.1)				
Triceps extension (see Exercise 4.2)				
Dumbbell fly (see Exercise 4.3)				
Upright rows (see Exercise 4.4)				
Lunges (with or without weights) (see Exercise 4.5)				
Abdominal curl (see Exercise 4.8)				
Quadriceps extension (see Exercise 4.6)				
Hamstring curl (see Exercise 4.7)				
Bench press or chest press (see Exercise 4.10)				

St/Rp/Wt = Sets/Reps/Weight Example: 2/6/80=2 sets of 6 reps each with 80 lb.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.