



THE WEIGHT TRAINING DIARY

Includes a 30-minute
workout plan



HUGO RIVERA
Bestselling Fitness Author

The Weight Training Diary

Hugo Rivera



The Weight Training Diary:

The Weight Training Diary Hugo Rivera, 2010-12-01 The complete weightlifting workout diary from bestselling author body sculpting expert and champion bodybuilder Hugo Rivera Hugo Rivera gives you the tools you need to keep your training workout on track with this sturdy take along diary that will help you plan your regimen and measure your progress effectively You ll find lots of space to log all of the key elements of your training and make the most of every workout plus Rivera s expert weight training guidance and tips that will keep you focused and inspired Includes Hugo s Five Directives for good training and four 12 week weightlifting plans that have everything spelled out for you with no guesswork Provides plans for weight training beginners veterans and those aiming for a celebrity style body as well as a 30 minute plan for people with busy work and or parenting schedules Includes space to log the date days since last workout time and length of workout and cycle cardio exercises time distance intensity heart rate and strength exercises muscle group weights and reps types of sets Features a helpful spiral binding that lies flat and stays open plus a durable glossy cover just what a book needs to survive a sweaty gym The ideal addition to your gym bag The Weight Training Diary helps you achieve results by taking the guesswork out of your workout regimen and allowing you to focus on ways to identify and achieve your bodybuilding and fitness goals

Fitness Journal and Weight Lifting Log The Bench Press, 2019-11-25 Finally a weightlifting logbook created by women for women Spinning your wheels in the weights room Want to boost your performance and make those gains If you re a female that likes to lift and want to understand more about your training performance to get better results then it s time to start tracking more than just sets and reps A workout journal like no other this logbook is designed to help you track not just your workouts but many areas that affect your training from mood and motivation strength and energy to sleep quality peri workout nutrition and even your monthly cycle Alongside 60 undated workout logs there s a companion health inventory designed to help you learn about how your body performs at different times of the month and in response to different variables so you can tweak your programming and become the best version of you possible There s also dedicated space for goal setting physique check ins tracking PRs on lifts over time and a recap at the end of the training period This female specific strength training logbook helps you SET UP FOR SUCCESS WITH GOAL SETTING Write down your goals for the training period across strength endurance conditioning physique and flexibility mobility Get clear on your why understand what drives you to succeed MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS Start with an initial check in and follow up every month to track progress Log weight body fat lean mass water % and body measurements across 10 areas TRACK 60 WORKOUTS If you train 5x a week this logbook will last a full 12 week training cycle 60 workouts 3 months Each log has space to track 5 sets of 10 exercises 4 cardio endurance activities ADVANCE YOUR TRAINING WITH THE HEALTH INVENTORY The ultimate workout log addition for women helps you understand how your training is affected by sleep nutrition and the stage of your monthly cycle What days do you feel strong When do you struggle to find motivation How

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Fitness Journal and Weight Lifting Log The Bench Press,2019-11-25 Finally a weightlifting logbook created by women for women Spinning your wheels in the weights room Want to boost your performance and make those gains If you re a female that likes to lift and want to understand more about your training performance to get better results then it s time to start tracking more than just sets and reps A workout journal like no other this logbook is designed to help you track not just your workouts but many areas that affect your training from mood and motivation strength and energy to sleep quality peri workout nutrition and even your monthly cycle Alongside 60 undated workout logs there s a companion health inventory designed to help you learn about how your body performs at different times of the month and in response to different variables so you can tweak your programming and become the best version of you possible There s also dedicated space for goal setting physique check ins tracking PRs on lifts over time and a recap at the end of the training period This female specific strength training logbook helps you SET UP FOR SUCCESS WITH GOAL SETTING Write down your goals for the training period across strength endurance conditioning physique and flexibility mobility Get clear on your why understand what drives you to succeed MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK INS Start with an initial check in and follow up every month to track progress Log weight body fat lean

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Paul a. Morgan, 2018-12-23 Gym Training Log Book Keep Daily Tracker of your training Great for recording all your training workout activity DETAILS Cardio Exercises Time Distance Calories Burned Strength Upper Body Lower Body Abs Muscle Groups Exercises 6 Sets Reps Weight *The Triathlete's Training Diary* Joe Friel, 2024-01-02 A perfect companion to any triathlon training program The Triathlete's Training Diary offers an ideal way for you to plan record and better understand your workouts and performance With undated pages for use any time of the year this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed tested and refined by Joe Friel the top coach in the sport of triathlon The Triathlete's Training Diary makes it easy to look up past workouts or settle your pre race nerves by proving to yourself that you've done the work This paper workout log is simple to use never requires a login or password and can be completely customized to meet your needs for any triathlon training schedule This physical record of your workouts will reveal insights that don't display on an online dashboard Fully compatible with Joe Friel's best selling training programs like The Triathlete's Training Bible Your First Triathlon Going Long

and Your Best Triathlon this diary simplifies the planning and execution of your triathlon training High performing athletes know that a training diary is an invaluable tool Whether they work with a coach or train independently even elite triathletes keep a training log to hone their feel for performance consolidate training data in one location track their progress monitor for injuries and overtraining and reshape their goals throughout the season The Triathlete s Training Diary includes Coach Friel s introduction to the essential details of keeping a training log Friel s guide to planning out your season Season goals Annual training hours Weekly training hours 53 undated weekly spreads Space for every training metric like rest recovery weight workout type route distance time average heart rate and power zones weather heart rate RPE and your custom notes Room for two a day workouts Weekly Summary charts Race Results Summary to log finish times split times pre and post race nutrition efforts and age group rankings Physiological test results such as VO2max and lactate threshold Training Grids to graph the data you choose Road and mountain bike measurements with space to note adjustments Your favorite routes and best times Season results summary Race day gear checklist What gets measured gets managed Add The Triathlete s Training Diary to your program and you ll unlock valuable insights that can help you improve in your sport

The 90-Day Weight Training Plan Julie Germaine Coram, 2020-10-13 Build muscle and sculpt your body in 90 days with a customizable diet and weight training plan Push your personal limits and begin building your dream physique in 90 days by learning how to properly challenge your body during weight training The 90 Day Weight Training Plan is a customizable program that makes nutrition simple with easy to understand week by week guides that explain carb timing appropriate protein intake and food choices to build lean muscle mass Start by setting up your home gym and learning important fundamentals of weight training as you discover the best moves to create a balanced symmetrical physique Then design a complete detailed nutrition plan complete with training fundamentals and tips on achieving the intensity and skill you need to promote change in your body The 90 Day Weight Training Plan includes Professional advice The author Coach Julie competed for 12 years graduating from an amateur athlete to a professional fitness model on the way Perfect form instruction Informative illustrations guide you safely through each exercise Efficient training Discover the theory of practicing the least number of exercises for the greatest impact Use The 90 Day Weight Training Plan to set nutritional goals track progress and build your perfect body

Weight Training For Dummies LaReine Chabut, 2014-12-01 Tone up burn calories stay strong Weight Training For Dummies makes it easy to get started with weight training by offering trusted and straightforward guidance on the latest circuit and resistance training and all new information on the highly popular bodyweight and High Intensity Interval Training HIIT Whether you re working with dumbbells free weight sets or machines you ll find out how to combine weight training with other exercise to properly strength train and get in the best shape of your life Along with aerobic exercise and flexibility body weight training is an integral part of a complete physical activity program But with all the different equipment and techniques available getting started can feel overwhelming Want to get pumped about weight training Consider these facts

strength training whether via free weights or a machine builds muscle And the more muscle you have the higher your metabolism and the less prone you are to injuries in and out of the gym Plus strength training promotes bone strength which can significantly reduce your odds of developing osteoporosis If that s not enough strength training unlike cardio workouts like running reaps benefits almost immediately So what are you waiting for Weight Training For Dummies has everything you need to get started Provides examples and directions for powerful 20 minute weight training routines for the time challenged Features advice to help you choose a weight training system that you enjoy and that fits into your lifestyle Includes new coverage devoted to warm ups and the hottest and most beneficial stretches Introduces using weight training to address specific health or orthopedic conditions Whether you re already in the gym several times a week or are just starting out with a fitness routine Weight Training For Dummies shows you how to use free weights or weight machines to get results fast

Weight Training For Dummies Georgia Rickard,Liz Neporent,Suzanne Schlosberg,2011-07-15 Feel strong toned and terrific with the latest moves in strength training Whether you re a beginner who doesn t know a barbell from a chocolate bar a fitness junkie looking to expand your knowledge on weight training or you re recovering from an injury and need to rebuild strength this book is for you Find out how to use exercise machines and weights at the gym and design a workout to do at home Know your way around a gym learn all the weight lifting lingo equipment and etiquette Help control your weight raise your basal metabolism and burn fat not muscle while eating right Keep your bones healthy maintain bone density and reduce your risk of developing osteoporosis Track your progress use a daily workout log to track your journey from soft to strong Stay motivated try a blend of machines free weights balls bands and classes to keep your workout interesting Improve your heart health work your heart and lungs with aerobic exercise to complement your strength training Exercise safely follow step by step instructions on how to train without hurting yourself Mix up your weight training improve your balance and coordination with yoga and Pilates moves Open the book and find More than 150 weight training exercises with photos The latest in equipment including free weights and machines The best moves for working your core Information on toning and strengthening without bulking up How to find a fitness trainer The latest exercise DVDs to hire buy or download The lowdown on exercise deals and duds Current data on nutritional supplements Learn to Customise a safe and effective exercise program to suit your lifestyle Use free weights kettlebells andmore to target specific areas Complement your workout withPilates and yoga Balance your diet to fuel your workout Gym Diary: Weight Training Diary / Log Book. Don't Wish for It, Work for It. The Book Worx,2018-10-09 Small Paperback Gym Book Log every workout and track progress of your Gym workouts Log 100 workoutsKeep track of your progress with 1 REP MAX testing for every muscle workout in the gymSelf Assessment keep track your your blood pressure body fat and more A neat little gym book with everything in one place **Gym Training Diary** Robson Crew,2019-02-28 Beautifully Designed Undated Training Journal Inside notes 107 daily tables Inside daily table Date Trening day mon tue wed thu fri sat sun Muscle group exercise reps weight Notes

Weight Training for Strength and Fitness L. Jay Silvester, 1992 A scientifically based comprehensive set of concepts covering the entire spectrum of strength training

Gym Food Diary. New Year. New Me. The Book Worx, 2018-12-06 Small Paperback Gym and Food Diary Log every workout and track progress of your Gym workouts Log 50 workouts Keep track of your progress with 1 REP MAX testing for every muscle workout in the gym Self Assessment keep track your your blood pressure body fat and more A neat little gym journal with everything in one place

Weight Training For Dummies Liz Neporent, Suzanne Schlosberg, Shirley J. Archer, 2011-03-03 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more *Weight Training For Dummies* Third Edition is packed with all the information you need to start your own personalized weight training program and get yourself into peak condition fast You ll find out about Circuit and resistance training 20 minute weight training routines The newest and best weight training equipment Combining weight training with other exercise Gender differences in weight training goals and routines Specific approaches for baby boomers and seniors just starting out Using weight training to address specific health conditions Preventing injuries Weight training for children and teens If you re getting pumped about weight training don t delay Buy *Weight Training for Dummies* Third Edition today and you ll be in shape in no time

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