



Name: Jane Doe			Date:			Date:					
Set #1			Set #2			Set #1			Set #2		
Exercise	Weight / Reps	RPE:	Exercise	Weight / Reps	RPE:	Exercise	Weight / Reps	RPE:	Exercise	Weight / Reps	RPE:
Single leg squat	20-25			/			/			/	
Dead lift	25 15-20			/			/			/	
Sumo squat	25 20			/			/			/	
Ball press	15 20-25			/			/			/	
Lat pull down	60 15-20			/			/			/	
Arnold press	12 15-20			/			/			/	
Bicep curl to Hammer press	8 20.15.10			/			/			/	
ABS				/			/			/	
				/			/			/	
				/			/			/	
				/			/			/	

RPE Scale: Try to keep the RPE between 7 and 9

- 10 = I can do a few more reps with BAD form – DON'T
- 9 = MAYBE I can do ONE more rep with GOOD form
- 8 = I can do 2-3 more reps with good form
- 7 = I can do 3-5 more reps with good form
- 6 = I can do 6....

Comments: