NAME _____ Period _____

Strength Training Use Charts

Body Weight	Exercise	Coefficient	Trial Load	1st set	2nd set

(Female)

BWT=_____ (Bench Press) X .35 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Seated Row) X .25 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Lat Pull-down) X .25 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Shoulder Press) X .25 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Bicep Curl) X .23 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Lunge) X .10 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Leg Press) X 1.0 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Squat) X .50 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Power Clean) X .35 = _____lbs. Reps Completed _____ Adjustment Wt. _____

(Male)

BWT=_____ (Bench Press) X .60 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Seated Row) X .45 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Lat Pull-down) X .45 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Shoulder Press) X .40 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Bicep Curl) X .30 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Lunge) X .10 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Leg Press) X 1.30 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Squat) X .70 = _____lbs. Reps Completed _____ Adjustment Wt. _____

BWT=_____ (Power Clean) X .50 = _____lbs. Reps Completed _____ Adjustment Wt. _____

Load Adjustment Chart

Reps Completed	Adjustment
<7	-15 lbs.
8-9	-10 lbs.
10-11	-5 lbs.
16-17	+5 lbs.
18-19	+10 lbs.
>20	+15 lbs.