



Name: _____ Class: _____ Date: _____

Activity 4.10
Weight-Training Chart

Warm-up weight	Initial 8-12 rep weight	Exercise	Date						
			Set 1		Set 2		Set 3		
			Weight	Reps	Weight	Reps	Weight	Reps	
Comments:									

Activity 4.10 Weight-Training Chart
 From *Physical Best activity guide: Middle and high school levels*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.