

Weights Program Record

| Date | Exercise | Weight | Repetition | | | Difficulty (See footnote) | New Weight |
|------|----------|--------|------------|-------|-------|------------------------------|------------|
| | | | Set 1 | Set 2 | Set 3 | | |
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Footnote on Difficulty Rating:

- 1 Very easy: Barely noticeable weight - like lifting a piece of paper.
- 2 Easy: Noticeable, but not tiring - could lift this weight all day.
- 3 Moderate: Only tiring if exercise is prolonged - like carrying a backpack all day that seems to get heavier.
- 4 Hard: Moderate to start with, but becoming difficult with each repetition. Can only do 10-15 repetitions.
- 5 Very hard: Difficult to start with - can barely do 3 repetitions.