

NAME

Friday  
Time  
Target Group

DATE
TIME
MUSCLE GROUP

1 Rep Max	LB
Bench Press	
Squat	
Dead	



Sleep	Great	
	Good	
	Bad	

Hydration	Clear	
	Normal	
	Not Clear	

Click on text to see picture of exercise

Stiffness	None	
	Some	
	Very	

Energy	High	
	Normal	
	Low	

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Type	Exercise	Target Weight (lb)	Actual Weight (lb)	Rep	Set	Rest	Complete	Intesnsity	Volume (Lb)
Warm Up (10 min) Cardio / Strech / Body Weight									
Daily	Template								
	Template								
	Template								
Target	Template								
	Template								
	Template								
Arms/Abs	Template								
	Template								
	Template								
Total									

Tips

Notes