EXERCISE LOG – TRACK YOUR PROGRESS!

FORARMS™
UPPER BODY GYM

Exercise Guidelines

- Always consult with a physician before beginning any exercise program.
- Your goal should be to perform 12-15 repititions of any given exercise without stopping, and to do this 3 times. This is known as 3 "sets" of 12-15 "reps."
- Most individuals will receive the most benefit by exercising on alternating days of the week. A day of recovery allows the muscles to adapt to the overload.
- Don't be discouraged, especially in the beginning, if you can't reach the goal in either the number of reps or sets.
- Begin with a comfortable level, and if and when you are able to perform 25 repititions of an exercise, move to the next level.
- Most of the exercises can be performed while walking, using a stationary bike, or treadmill.
- Make sure to review the exercises on the CD and / or poster, to make certain that you are performing them correctly.

Date	Exercise #	ForArms™ Level #	Set #1 # of Reps	Set #2 # of Reps	Set #3 # of Reps	Date	Exercise #	ForArms™ Level #	Set #1 # of Reps	Set #2 # of Reps	Set #3 # of Reps

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