



Strength Volume Tracking Form

WEEKLY COMMITMENT:	2-3X/WK			REP RANGE:			12-15			TEMPO (G:E):			2:3			SET REST:		45-25 SECONDS	
EXERCISE DESCRIPTION	# SETS	SET 1			SET 2			SET 3			SET 4			CARDIO PRESCRIPTION		TOTAL VOLUME			
		WEIGHT	REPS	VOLUME	WEIGHT	REPS	VOLUME	WEIGHT	REPS	VOLUME	WEIGHT	REPS	VOLUME	AVG HR:		WORKOUT TOTAL			
WORKOUT ONE	DATE:				MUSCLE GROUP FOCUS:			TOTAL BODY MMA CONDITIONING						AVG HR:			WORKOUT TOTAL		
DUMBBELL LUNGE	2			0			0			0			0			0	Km	Time	0
BALL HAMSTRING CURL	2			0			0			0			0			0			0
ALT. FLAT DB CHEST PRESS	3			0			0			0			0			0			0
LT. STANDING DB SHOULDER PRES	3			0			0			0			0			0			0
BENT OVER ALT. DB ROW	3			0			0			0			0			0		15	0
ROMANIAN DB DEADLIFT	3			0			0			0			0			0			0
RUSSIAN TWIST W/ DB	3			0			0			0			0			0			0
SUPERMAN SEAT GRABS	3			0			0			0			0			0			0
HANGING KNEE RAISE	2			0			0			0			0	Km/Min.	0.00				0
TOTAL SETS	24	START TIME:						END TIME:						TOTAL VOLUME		0			
WORKOUT TWO	DATE:				MUSCLE GROUP FOCUS:			TOTAL BODY MMA CONDITIONING						AVG HR:			WORKOUT TOTAL		
DUMBBELL LUNGE	2			0			0			0			0			0	Km	Time	0
BALL HAMSTRING CURL	2			0			0			0			0			0			0
ALT. FLAT DB CHEST PRESS	3			0			0			0			0			0			0
LT. STANDING DB SHOULDER PRES	3			0			0			0			0			0			0
BENT OVER ALT. DB ROW	3			0			0			0			0			0		15	0
ROMANIAN DB DEADLIFT	3			0			0			0			0			0			0
RUSSIAN TWIST W/ DB	3			0			0			0			0			0			0
SUPERMAN SEAT GRABS	3			0			0			0			0			0			0
HANGING KNEE RAISE	2			0			0			0			0	Km/Min.	0.00				0
TOTAL SETS	24	START TIME:						END TIME:						TOTAL VOLUME		0			
WORKOUT THREE	DATE:				MUSCLE GROUP FOCUS:			TOTAL BODY MMA CONDITIONING						AVG HR:			WORKOUT TOTAL		
DUMBBELL LUNGE	2			0			0			0			0			0	Km	Time	0
BALL HAMSTRING CURL	2			0			0			0			0			0			0
ALT. FLAT DB CHEST PRESS	3			0			0			0			0			0			0
LT. STANDING DB SHOULDER PRES	3			0			0			0			0			0			0
BENT OVER ALT. DB ROW	3			0			0			0			0			0		15	0
ROMANIAN DB DEADLIFT	3			0			0			0			0			0			0
RUSSIAN TWIST W/ DB	3			0			0			0			0			0			0
SUPERMAN SEAT GRABS	3			0			0			0			0			0			0
HANGING KNEE RAISE	2			0			0			0			0	Km/Min.	0.00				0
TOTAL SETS	24	START TIME:						END TIME:						TOTAL VOLUME		0			
PROGRAM GOAL(S):	IMPROVE MUSCULAR ENDURANCE, POWER, AND RECOVERY TIME												TOTAL VOLUME:		0				
NOTE(S):	PROGRESSIVELY REDUCE YOUR SET REST TIME BY 5 SECONDS EVERY 2 WEEKS (MIN. 25)												NAME:	PHASE ONE PANK.					

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