

Bigger Arms Workout Log

Use the empty columns to log your weight and reps for each set.

Exercise	Target Sets	Target Reps	Set 1 (Wt/Reps)	Set 2 (Wt/Reps)	Set 3 (Wt/Reps)	Notes
Dumbbell Curls	3	8-12				
Triceps Pushdowns	3	10-15				
Hammer Curls	3	8-12				
Close-Grip Bench Press	3	8-12				
Chin-Ups (or assisted)	2	AMRAP*				*As Many Reps As Possible

How to Calculate Your One Rep Max (1RM)

You can estimate your 1RM (the most weight you can lift once) to track your strength.

A popular formula is Lander's formula:

$$1RM = (100 * \text{Weight}) / (101.3 - 2.67123 * \text{Reps})$$

('Weight' is what you lifted; 'Reps' is the number you completed, up to 10).

For an easy calculator, visit:

<https://MyFitTrainingPlan.com/1RM/>