

Using Your Customizable Workout Program Template

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Why Track Your Workouts?

For the same reason you track anything else, to see progress!

If you've opened the template already, you may have noticed that Sample Week 1 and Sample Week 2 have the exact same workouts programmed. That is on purpose! The goal of a workout program is not to change all your exercises *every* week. The goal is *progressive overload* in the exercises you are doing... The goal is PROGRESS.

All of the below are some ways to progress your exercises/workouts:

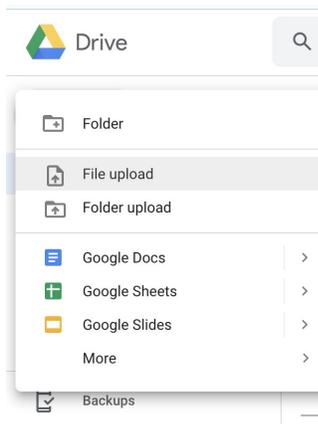
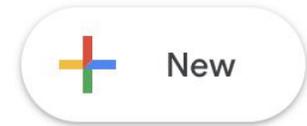
- Lifting the same load for increased distance/range of motion
- Lifting the same load and volume with better form, more control, and less effort
- Lifting the same load for more reps
- Lifting heavier loads
- Lifting the same load and volume with less rest time in between sets
- Doing more sets with the same load and reps
- Lifting the same load and volume and then extending the set past technical failure with forced reps, negatives, drop sets, static holds, rest pause, partial reps, or post-exhaustion

Now, what do all above the above have in common? They must be tracked to know for sure that those things are happening! Can you have progress without tracking, simply by being aware and making an effort? Yes, absolutely! But, will you have greater progress, and progress more efficiently, by tracking? Yes, absolutely!

How To Get The Template On Your Phone

This is easiest to set up from a desktop or laptop computer, and then use on your phone thereafter.

1. On a desktop or laptop computer, download the Template and save it somewhere easy to find.
2. Open your web browser and go to [Google Drive](#).
3. Once logged in, click the “New” button, with the plus sign before it, on the top left (see picture to the right for reference).



4. Click File Upload from the drop down menu (see picture to the left for reference).

5. Upload the Template from where you saved it when you downloaded it.

6. Make as many changes as you wish to your customizable workout program template.

7. In your phone, open the app Google Sheets, and log in with the same ID as your Google Drive.

You are now able to access your Workout Program Template during your workouts!

How To Use The Template

If you've used Microsoft Excel, Google Sheets is nearly identical. If not, don't worry, it's much simpler than it sounds!

During each workout, have your phone nearby with the Google Sheets app already installed, and your workout template uploaded into it.

If you don't have great service where you workout, you can use the “Offline Mode” in the app to not bother with waiting for things to save. Everything you enter will then save when you reconnect elsewhere!

On your first week of your program, throughout your workouts, you will simply enter the weights you use each workout (each exercise and each set). As you enter weights, you will notice the "Lift Volume" to the right of that exercise increasing. At the end of all your sets for

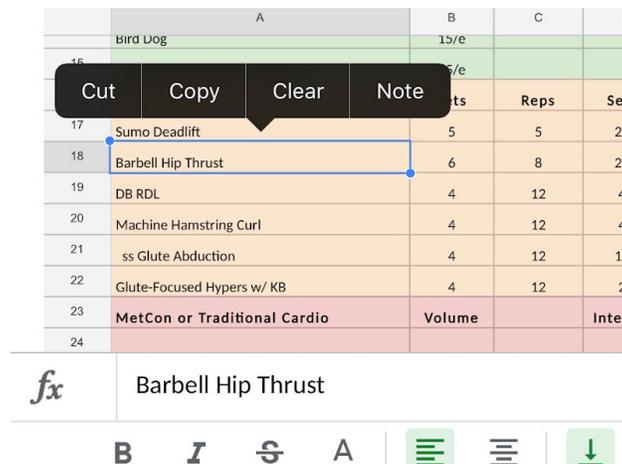
one exercise, your lift volume is how much weight you moved by volume for that exercise.
(Sets x Reps x Weight = Lift Volume)

At the bottom of that same Lift Volume column, for each workout, you also have a "Total Volume." Your total volume is the accumulation of all of your lifts for that workout, the total volume by weight.

(Total Workout Volume = Summation of all the Lift Volumes)

Volume tells you how much work you did purely by how much weight you moved, and how many times you moved it. This can tell you A LOT about your training progress!

Remember there are also many other ways to progress that were listed previously, such as doing a full rep versus a half rep, or doing a rep with much more control. If you want to track those things as well, you can simply hold down your finger on a box in the sheet (one with or without text already in it, your choice) and click the "note" button. See the picture below. This "note" feature allows you to add a comment, such as, "only able to perform partial reps," or, "feeling a bit off and tight on this exercise today."



At the end of a full week of workouts with all your weights used tracked inside it, you will simply "duplicate" the sheet by clicking on the arrow on the current tab at the bottom of the page, and then choosing "duplicate."

121	Lat Stretch									
122	Chest Stretch									
123										
124										
125	Lift	Sets	Reps	Rest	Set 1	Set 2	Set 3	Set 4	Se	
126	Smith Machine Chest Press	5	10	2:00	65	65	65	65	65	65
127	DB Lateral		15	1:30	10	10	10	10	10	10
128	Alt. Wide D		20		15	15	15	15	15	15
129	ss Bench		20	1:30						
130	Incline Bench		15	1:00	10	10	10	10	10	10
131	Alt. Arnold P		20	1:00	10	10	10	10	10	10
132	Machine Pr		15	1:30	30	30	30	30	30	30
133	Alt. Tricep F		16	1:30	20	20	20	20	20	20
134	MetCon or	Time	Intensity	Weight						
135	Tempo Run	files	8:30/mi							
136										
137										
138										
139										
140										
141										
142										

Change each new duplicated sheet to a new week. You can choose to put Week 1... Week 2... like I do. Or, you can name them with actual date ranges. This is YOURS to make your own!

20	Machine Hamstring Curl	4	12		40	40	40	40			1920
21	ss Glute Abduction	4	12	1:30	105	105	105	105			5040
22	Glute-Focused Hypers w/ KB	4	12	1:00	25	25	25	25			1200
23	MetCon or Traditional Cardio	Volume			Intensity						Total Vol
24											27635
25											
26											
27											
28											

When you use the new sheet (a duplicated version of the week prior) now you have an exact starting point for every single exercise! When you go into your second week of workouts, you know what weight you are able to do by looking at your current week, and if you do a different weight the second go-around, you simply tap the weight under that set and change it to what you were able to do this time around!

If you do something different, whether it be more weight, a couple extra reps each set, an extra set, you can edit the current week's sheet, but last week's will remain the same.

By comparing the Lift Volumes and Total Volumes of each week, you will be able to see progress in multiple ways:

- Each time you use a different weight, even in just 1 out of 4 sets, you will see the Lift Volume for that exercise increase.

- I do suggest focusing on increasing *weight* more than increasing reps or sets. Odds are, if you can increase your reps or sets, you can be increasing your weight, which will typically give you more noticeable results in the long run.
- Increasing anything at all on your workout will also show an increase in your Total Volume for that workout. Even if was just 2.5 or 5 pounds more sprinkled in a few times throughout the whole workout, you will see the accumulation of that in your Total Volume for the workout!
- Tracking your cardio sessions, whether that be for increases in time or intensity, allows you to see yourself getting faster or improving your endurance.

(You also have a sheet labeled “Your PR Log” with a place to keep track of Personal Records! You can track 1-Rep-Max attempts, or any other Rep-Max you achieve. You can change the lift/movement you are tracking by editing the current lifts. And you can copy and paste boxes to create spots to track even more lifts, tests, etc!)

All you have to do to see progress in your lifting program is compare the volumes for each week. Week to week may not show much change, but I guarantee, if you track for 4-8+ weeks, you will be so amazed and motivated by what your body is capable of if you are fueling it right and challenging yourself!

Tips For Building Your Own Workout Program

The purpose of this template is to help you track and see your progress with whatever you are already doing! Any workout program can be plugged into this template to track workout volume and progress.

If you want to start from scratch and build your own workouts, I suggest following an outline similar to this:

1. Five to ten minute warm up
2. One to two compound lifts (Back Squat, Front Squat, Deadlift, Sumo Deadlift, Barbell Hip Thrust, Barbell Glute Bridge, Bench Press, Overhead Press, an Olympic Lift, etc.)
3. Three to five accessory or isolated lifts (Bicep Curl, Tricep Extension, Leg Extension, Hamstring Curl, DB Fly, Calf Raise, etc.)
4. Some type of cardiovascular work if you choose: whether that be outdoors, a traditional cardio machine, a MetCon, etc.

Plan to repeat your workouts for 4-12 weeks, each week duplicating the week prior so that you have your current capabilities in front of you at each workout with the ability to alter it for any changes in the current week.

When you need to switch it up, feel no dire attachment to the program you've made. You can always veer off one day if you need a mental shift, and then come back to where you would have been.

Sometimes I follow the same weekly program for 8 weeks and other times for 4 or for 12. I always suggest you stick with the program long enough to actually see you are making progress! Typically, less than 4 weeks will not show too many significant changes. Also typically, more than 12 weeks can create some serious boredom and stagnation. Just know that however you choose to use this template is wonderful, like everything else, just opt for *progress over perfection*.

Vocabulary in Sample Templates

Abbreviations will save you a lot of scrolling and shifting of cells.

If you've looked through my SAMPLE template you may have questions about what some of the exercises are. I use a lot of abbreviations, some very commonly known, others lesser known. Here they are spelled out for you!

DB	Dumbbell
KB	Kettlebell
KBS	Kettlebell Swing
BB	Barbell
SA	Single Arm
SL	Single Leg
BL	Bilateral
UL	Unilateral
WG	Wide Grip
NuG	Neutral Grip
SG	Supinated Grip
NaG	Narrow Grip
IB	Incline Bench
FB	Flat Bench
RDL	Russian Deadlift

ss	Super Set
ds	Drop Set
Hyper	Hyper-Extension
OH	Over Head
Tri	Tricep
Bi	Bicep
LSD	Long Slow Distance
BSS	Bulgarian Split Squat
Cable(2)	Cable Tower with 2 separate handles
Alt.	Alternating
Iso	Isometric Hold
Ecc	Eccentric Focus