



UW-Oshkosh Strength & Conditioning
Whole Body Fitness Phase 1
LifeFitness Selectorized Series



Name: _____

Lesson 1:							1	2	3
Date:									
Leg Press									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Shoulder Press									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Seated Row									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Biceps Curl									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
10-15									
10-15									
10-15									
Notes:									
Calf Raise									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
12-20									
12-20									
12-20									
Notes:									
Abdominal Crunch									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
12-20									
12-20									
12-20									
Notes:									
Back Extension									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									

Lesson 2:							1	2	3
Date:									
Lat Pulldown									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Leg Extension									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Pec Fly									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Triceps Press									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
10-15									
10-15									
10-15									
Notes:									
Rear Delt									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Abdominal Crunch									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
12-20									
12-20									
12-20									
Notes:									
Glute									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									

Lesson 3:							1	2	3
Date:									
Chest Press									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Seated Row									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Hip Abduction									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Hip Adduction									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									
Biceps Curl									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
10-15									
10-15									
10-15									
Notes:									
Abdominal Crunch									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
12-20									
12-20									
12-20									
Notes:									
Back Extension									
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL			
8-12									
8-12									
8-12									
Notes:									



UW-Oshkosh Strength & Conditioning
Whole Body Fitness Phase 2
LifeFitness Selectorized Series



Name: _____

Lesson 4:	1	2	3
Date:			
Leg Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Shoulder Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Seated Row			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Biceps Curl			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-10			
8-10			
8-10			
Notes:			
Calf Raise			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Abdominal Crunch			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Back Extension			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			

Lesson 5:	1	2	3
Date:			
Lat Pulldown			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Leg Extension			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Pec Fly			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Triceps Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-10			
8-10			
8-10			
Notes:			
Rear Delt			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Abdominal Crunch			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Glute			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			

Lesson 6:	1	2	3
Date:			
Chest Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Seated Row			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Hip Abduction			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Hip Abduction			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Biceps Curl			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-10			
8-10			
8-10			
Notes:			
Abdominal Crunch			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Back Extension			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			