

12-week dumbbell progress log

Record the weight and reps of your best set each week.

Exercise	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Goblet squat												
Romanian deadlift												
Bench / floor press												
One-arm row												
Overhead press												
Reverse lunge												
Hip thrust												
Curl												