

# Cambridge IGCSE<sup>®</sup>, Cambridge IGCSE (9–1) and Cambridge O Level Physical Education

## Weight training log

Please follow these instructions carefully before completing the PDF *Weight training log* provided below.

- 1 This form is completed by the candidate and provides evidence to support the awarding of marks on the *Generic Order of Merit Form*. This *Weight training log* must be submitted with the evidence for external moderation.
- 2 This form is an interactive PDF and may be completed in one of two ways:
  - on-screen and then printed out
  - printed out and completed on paper by hand.
- 3 Additional copies of this form can be downloaded from the samples database [www.cambridgeinternational.org/samples](http://www.cambridgeinternational.org/samples)
- 4 **Please keep a copy of the *Weight training log*.**

Please read previous printed instructions before completing this form.

Centre number						Candidate number					Candidate name	
Body mass (kg)					Gender					Related activity (e.g. rowing)		
Training intentions (e.g. improving power or strength)								Please detail how 1 Rep max. has been calculated				

Candidates must record the weights / mass (W) used, the number of Reps (R) and the number of Sets (S) for each session, e.g. 20 kg / 5 / 3. Teenage candidates are advised **not** to use maximal weight. 1RM should be calculated using formulae available on the internet. It is expected that a programme would be recorded over at least two weight training log sheets.

Date:	1RM kg	W / R / S	W / R / S	W / R / S	W / R / S	W / R / S	W / R / S	W / R / S	W / R / S	W / R / S	1RM test

Name of Assessor: ..... Signature: ..... Date: .....

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