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 must be completed on screen and uploaded to Submit for Assessment.

3 The latest version of this form can be downloaded from the samples database www.cambridgeinternational.org/samples

4 **Please keep a copy of the *Weight training log*.**

CAMBRIDGE International Education

Cambridge IGCSE, Cambridge IGCSE (9–1) and Cambridge O Level Physical Education
Weight training log
Please select syllabus and component below
–

Please read the instructions on the first page 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:										
Exercise	**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**	**1RM test**

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Date:										
Exercise	**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**	**1RM test**

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