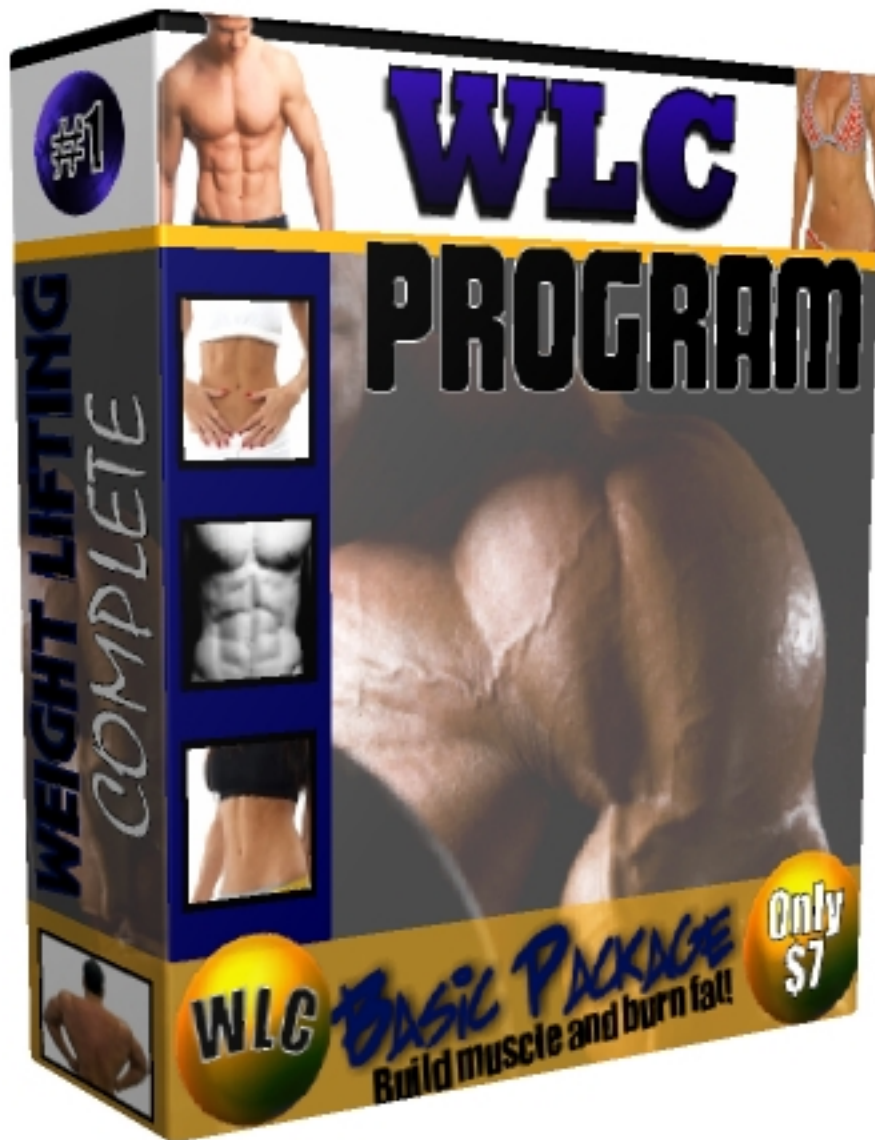


# The WLC Program Basic Package

**This file only includes the printable workout logs!**

To access the Full Package with everything you need,  
Please go to the WLC Program Page using the link on  
the top left side of this page. You can purchase there!



## **Printable Weight Lifting Logs**

On the upcoming pages, you'll find printable weight lifting logs for each program. You can take these blank logs with you to the gym and fill them out each and every workout. It's very important that you take these log books with you and keep track of your workouts!

By knowing what you lifted the previous workouts, you can ensure you are making progress every time! Progress in the gym will lead to changes for the good in your body composition. You will see your body change in the mirror. And that's what we're looking for here!

## **Table of Contents**

- [Beginner WLC Printable Log](#)
- [Intermediate WLC Printable Log](#)
- [Advanced WLC Printable Log](#)

It's very important that you purchase the Basic WLC Program Package! You won't be able to do the workouts properly without the Manual. Ensure you go to the [WLC Program](#) page to purchase the package. It's instantly downloadable!

**Get it right now while it's only \$7!**

**Beginner WLC Printable Log**

Print as many log sheets as needed. The beginner program lasts as long as you are making results. The log sheet below will last you almost 5 weeks. So, at least print two of these sheets.

Log	Workout A				Workout B			
	Squat	Bench Press	Pendlay Rows	Dips	Squat	Overhead Press	Deadlift	Chin Ups
1								
2								
3								
4								
5								
1								
2								
3								
4								
5								
1								
2								
3								
4								
5								
1								
2								
3								
4								
5								
1								
2								
3								
4								
5								
1								
2								
3								
4								
5								
1								
2								
3								
4								
5								

**Intermediate WLC Printable Log**

The log sheets below are for Weeks 1 thru 3 of the Intermediate WLC Program. You'll find the other weeks on the following pages.

Please see the WLC Program Intermediate Section of this eBook for number of sets and reps to perform along with recommended exercises. You can take these log sheets to the gym with you. You can use the space between tables to make comments on exercises, sets, etc.

**Weeks 1 thru 3, Workout A**

Workout A		1A1	1A2	2A1		2A2		3A1			3A2		
#	Exercise	Set 1	Set 1	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1													
2													
3													
4													
5													
6													
7													
8													

**Weeks 1 thru 3, Workout B**

Workout B		1B1	1B2	2B1		2B2		3B1			3B2		
#	Exercise	Set 1	Set 1	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1													
2													
3													
4													
5													
6													
7													
8													

**Weeks 4 thru 6, Workout A**

<b>Workout A</b>		<b>4A1</b>	<b>4A2</b>	<b>5A1</b>		<b>5A2</b>		<b>6A1</b>			<b>6A2</b>		
#	<b>Exercise</b>	Set 1	Set 1	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1													
2													
3													
4													
5													
6													
7													
8													

**Weeks 4 thru 6, Workout B**

<b>Workout B</b>		<b>4B1</b>	<b>4B2</b>	<b>5B1</b>		<b>5B2</b>		<b>6B1</b>			<b>6B2</b>		
#	<b>Exercise</b>	Set 1	Set 1	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1													
2													
3													
4													
5													
6													
7													
8													

**Weeks 7 thru 9, Workout A**

Workout A		7A1	7A2	8A1		8A2		9A1			9A2		
#	Exercise	Set 1	Set 1	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1													
2													
3													
4													
5													
6													
7													
8													

**Weeks 7 thru 9, Workout B**

Workout B		7B1	7B2	8B1		8B2		9B1			9B2		
#	Exercise	Set 1	Set 1	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1													
2													
3													
4													
5													
6													
7													
8													

**Week 10, Workout A**

<b>Workout A</b>		<b>10A1</b>	<b>10A2</b>
<b>#</b>	<b>Exercise</b>	Set 1	Set 1
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>			

The workout above is the last Workout A for the Intermediate WLC Program! Congratulations on your accomplishment. One more workout and you are completely finished!

**Week 10, Workout B**

<b>Workout B</b>		<b>10B1</b>	<b>10B2</b>
<b>#</b>	<b>Exercise</b>	Set 1	Set 1
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>			

You have now finished the Intermediate WLC Program. This is a huge accomplishment and your results will show all the hard work you've put in over the past 10 weeks. Again, congratulations on your accomplishment!









### Which weight lifting gloves do you recommend?

I've been using a special weight lifting glove since I had forearm problems many years ago. My forearms were so bad that I couldn't lift a bag of groceries! These weight lifting gloves helped to heal my forearm problems, and helped me to build more muscle by allowing me to lift heavier weights!

These gloves will help you to build more muscle because you will be able to lift heavier weights. For example, these gloves helped me break through a huge plateau I was having with dumbbell curls. I would always get stuck at the 50 pound dumbbells for curls. After using the gloves, I busted through that plateau and went up to 70 pound dumbbell curls.

Do you know what happened to my arms and biceps when I broke that plateau? I gained a lot of muscle mass in my arms! And these gloves won't only help you lift heavier with dumbbell curls, they will help you lift heavier on every exercise that you use your hands to grip and hold the weight.

I highly recommend these gloves! I've had mine for 3 years now, and they are still going strong! I won't have to buy a new pair for a few more years still. No other weight lifting glove lasts as long as this one:



The weight lifting gloves above improve your grip and protect your hands and fingers! These gloves are called New **Grips**, and you can get your pair easily and quickly at the link below:

[Get your pair of New Grips here](#)

Build more muscle and lift heavier weights with New Grips!

**I'm having trouble learning how to perform the exercises!**

Most people do not know how to perform many of the best weight lifting exercises. You could be one of those people! I was one of those people for many years and never knew it or thought that to be possible.

If you've never been taught how to perform exercises with proper form and technique from a good weight lifting coach, then **you will benefit** from the book I'm about to tell you about!

**Starting Strength** is the absolute best book out there for learning proper exercise form and technique. The author is Coach Mark Rippetoe, a Senior USA Weightlifting Coach. He's one of the top weight lifting teachers and coaches in the world! You can learn everything you need to know from him by reading his book.

I was absolutely amazed at the information contained in his book and that was after years and years of weight lifting experience. I thought I knew everything about performing exercises with proper form and technique. After purchasing the book and implementing techniques I learned in the book, my strength shot up on all exercises! It was amazing.

I really can't recommend a weight lifting product more than I do for this book. You can read reviews on this book from hundreds of other people that have purchased the book at the link below:

[Read reviews and purchase Starting Strength here!](#)

You **will** get stronger and build more muscle with Starting Strength.

