GAINFRAME / TRAINING NOTES

Left and right arm log

Use the same tape, landmark and exercise on both dates.

Set up both visits

Tape unit (cm or in)	Single-arm exercise	When will you stop each set?

Measure before lifting. Mark the midpoint from shoulder tip to elbow tip on each arm.

Let each arm hang. Wrap the tape snugly without indenting the skin. Remove it between reads.

First visit

Date and time	Load + unit	Rest interval	Which side went first?

Side	Tape read 1	Tape read 2	Clean reps
Left			
Right			

Photo pose, workout timing or anything that changed

Repeat visit

Date and time	Load + unit	Rest interval	Which side went first?

Side	Tape read 1	Tape read 2	Clean reps
Left			
Right			

Photo pose, workout timing or anything that changed

Compare like with like

Record relaxed tape readings. Keep flexed photos separate. A rep count applies to that exercise.

If swelling is new or unexplained, seek medical advice before doing a workout comparison.