

# PACE Workout Log

Exercise: \_\_\_\_\_

Warm Up: \_\_\_\_\_

Date: \_\_\_\_\_

Set 1		Set 2		Set 3	
Exertion	Recovery	Exertion	Recovery	Exertion	Recovery

## Additional Sets:

Set 4		Set 5		Set 6	
Exertion	Recovery	Exertion	Recovery	Exertion	Recovery

Maximum Heart Rate: \_\_\_\_\_ Exertion (1 to 10): \_\_\_\_\_

Exercise: \_\_\_\_\_

Warm Up: \_\_\_\_\_

Date: \_\_\_\_\_

Set 1		Set 2		Set 3	
Exertion	Recovery	Exertion	Recovery	Exertion	Recovery

## Additional Sets:

Set 4		Set 5		Set 6	
Exertion	Recovery	Exertion	Recovery	Exertion	Recovery

Maximum Heart Rate: \_\_\_\_\_ Exertion (1 to 10): \_\_\_\_\_

# Body Composition Log for Men

Date							
Weight (lbs.)							
Fat (lbs.)							
Lean Body Mass (lbs.)							
Body Fat %							
Skinfold Measurements	Chest (mm.)						
	Waist (mm.)						
	Thigh (mm.)						
	Total (mm.)						
Circumference	Chest (in.)						
	Waist (in.)						
	Hip (in.)						
	Total (in.)						

# Body Composition Log for Women

Date							
Weight (lbs.)							
Fat (lbs.)							
Lean Body Mass (lbs.)							
Body Fat %							
Skinfold Measurements	Tricep (mm.)						
	Hip (mm.)						
	Thigh (mm.)						
	Total (mm.)						
Circumference	Chest (in.)						
	Waist (in.)						
	Hip (in.)						
	Total (in.)						

# Calculating Your Measurements

## Body Fat Percentage

The most accurate way to measure your body fat percentage is with skinfold calipers. You can buy skinfold calipers at most sports and fitness equipment stores. You can also find them at:

[www.pacerevolution.com](http://www.pacerevolution.com)

Take all of the measurements on the right side of your body. Gently pinch and fold your skin between your thumb and forefinger. Don't grab any muscle. Hold the calipers to the fold and measure. I recommend repeating the measurements three times to get an accurate reading.

Men, measure skinfold at your:

- 1) **chest**, halfway between your nipple and armpit
- 2) **waist**, about an inch to the right of your navel
- 3) **thigh**, on the front halfway between the kneecap and the hip bone.

Women, measure skinfold at your:

- 1) **triceps**, on the back midway between your shoulder and elbow
- 2) **hip**, at the top front of the hipbone
- 3) **thigh**, same as described above

Record the final measurement in your body composition log. Then, add them all together. Use this number to look up your body fat percentage with this online calculator:

[www.pacerevolution.com/bodyfat](http://www.pacerevolution.com/bodyfat)

## Body Fat in Pounds

Calculating your body fat in pounds is easy. Take your total body weight – what you weighed when you hopped on the scale. And multiply it by your body fat percentage – the number you got from the body fat calculator.

## Lean Body Mass

Figuring out your lean body mass is even simpler. Subtract your body fat in pounds – the number you just calculated – from your total body weight.

## Circumference Measurements

I recommend using a myotape to get fast, accurate measurements. All you do is wrap the tape around your body, hook the end into the slot of the myotape, and read the tape. You can find myotapes at any sporting goods store or through my website: [www.pacerevolution.com](http://www.pacerevolution.com)

Both men and women should take the same three measurements:

- 1) **chest**, measure just above the nipple, making sure that the tape is even all the way around your body
- 2) **waist**, measure your waist at the narrowest point, usually midway between your hip and your chest
- 3) **hip**, measure your hips at the widest point, where your butt sticks out the most

The key is consistency. Measure yourself at the same place each time, and you will get an accurate view of your progress.