

Exercise Log

Date

1/4/2016

1/11/2016

1/18/2016

1/25/2016



Group A								
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4

Group B								
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4

Group C								
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4

Group D								
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4

Notes / Goals