

Workout Log

Date: Weeks: Other:

Monday								Tuesday									
Exercise Name	Sets								Exercise Name	Sets							
	1	2	3	4	5	6	1			2	3	4	5	6			
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	

Wednesday								Thursday									
Exercise Name	Sets								Exercise Name	Sets							
	1	2	3	4	5	6	1			2	3	4	5	6			
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	

Friday								Sat/Sun									
Exercise Name	Sets								Exercise Name	Sets							
	1	2	3	4	5	6	1			2	3	4	5	6			
								reps								reps	
								weight								weight	
								reps								reps	
								weight								weight	
								reps								reps	
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								weight								weight	
								reps								reps	
								weight								weight	

Notes: