Workout Log							
Date:	Weeks:			Other	:		
Day:				Day:			
	Exercise Name	Sets	Reps		Exercise Name	Sets	Reps
3							
Day:	y:			Day:			
	Exercise Name	Sets	Reps		Exercise Name	Sets	Reps
3							
=							
Day:	Day:			Day:			
	Exercise Name	Sets	Reps		Exercise Name	Sets	Reps
-							
			Νo	tes			