

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
							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
							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
							weight								weight
							reps								reps
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							reps								reps
							weight								weight
							reps								reps
							weight								weight
							reps								reps
							weight								weight

Notes: