Workout Log

Date:	Weight:		Cardio:					
Exercise:	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Date:	Weight:		Cardio:					
Exercise:	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Date:	Weight:		Cardio:					
Exercise:	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight