Date: _____

http://www.freeworkoutlog.com/

Strength/Weights:

Exercise	Sets #	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Cardio/Other:

Exercise	Time	Dist	Int*	Time	Dist	Int	Time	Dist	Int

***Intensity: L - Light / M - Moderate / V – Vigorous**

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