YMCA of
Newfoundland and Labrador

Workout Log

ay: _____ Date: _____ Time: _____ am/pm

ength of Workout: _____ Weight: _____ Location: _____

lood when starting: _____

nstructions: In the white spaces below, fill in the weight you used and the number of reps you erformed. If you did 100 pounds for 10 reps, you would write "100 X 10".

Resistance Training

Exercise Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

(Training, Nutrition, Supplement etc

Additional Notes

_____

_____

_____

_____