Workout Log

Date:	Weight:		Cardio:							
	Set 1		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
Exercise	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**

Date:	Weight:		Cardio:							
	Set 1		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
Exercise	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**

Date:	Weight:		Cardio:							
	Set 1		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
Exercise	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**

Date:	Weight:		Cardio:							
	Set 1		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
Exercise	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**