

DAY 1

WORKOUT LOG

TOTAL TIME

| EXERCISE | TIME | SET 1 |        | SET 2 |        | SET 3 |        |
|----------|------|-------|--------|-------|--------|-------|--------|
|          |      | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |

DAY 2

WORKOUT LOG

TOTAL TIME

| EXERCISE | TIME | SET 1 |        | SET 2 |        | SET 3 |        |
|----------|------|-------|--------|-------|--------|-------|--------|
|          |      | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |

DAY 3

WORKOUT LOG

TOTAL TIME

| EXERCISE | TIME | SET 1 |        | SET 2 |        | SET 3 |        |
|----------|------|-------|--------|-------|--------|-------|--------|
|          |      | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |



DAY 4

WORKOUT LOG

TOTAL TIME

| EXERCISE | TIME | SET 1 |        | SET 2 |        | SET 3 |        |
|----------|------|-------|--------|-------|--------|-------|--------|
|          |      | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |

DAY 5

WORKOUT LOG

TOTAL TIME

| EXERCISE | TIME | SET 1 |        | SET 2 |        | SET 3 |        |
|----------|------|-------|--------|-------|--------|-------|--------|
|          |      | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |

DAY 6

WORKOUT LOG

TOTAL TIME

| EXERCISE | TIME | SET 1 |        | SET 2 |        | SET 3 |        |
|----------|------|-------|--------|-------|--------|-------|--------|
|          |      | REPS  | WEIGHT | REPS  | WEIGHT | REPS  | WEIGHT |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |
|          |      |       |        |       |        |       |        |

