

# Workout Log

Date:	Weeks:	Other:	
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Monday			
	Exercise Name	Sets	Reps
super set			
super set			
super set			
super set			
super set			
super set			

Tuesday			
	Exercise Name	Sets	Reps
super set			
super set			
super set			
super set			
super set			
super set			

Wednesday			
	Exercise Name	Sets	Reps
super set			
super set			
super set			
super set			
super set			
super set			

Thursday			
	Exercise Name	Sets	Reps
super set			
super set			
super set			
super set			
super set			
super set			

Friday			
	Exercise Name	Sets	Reps
super set			
super set			
super set			
super set			
super set			
super set			

Saturday/Sunday			
	Exercise Name	Sets	Reps
super set			
super set			
super set			
super set			
super set			
super set			

Notes			