

Workout Log

Date: _____ **Weeks:** _____ **Other:** _____

Monday

	Exercise Name	Sets						reps	weight
		1	2	3	4	5	6		
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight

Tuesday

	Exercise Name	Sets						reps	weight
		1	2	3	4	5	6		
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight

Wednesday

	Exercise Name	Sets						reps	weight
		1	2	3	4	5	6		
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight

Thursday

	Exercise Name	Sets						reps	weight
		1	2	3	4	5	6		
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight

Friday

	Exercise Name	Sets						reps	weight
		1	2	3	4	5	6		
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight

Sat/Sun

	Exercise Name	Sets						reps	weight
		1	2	3	4	5	6		
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight
superset								reps	weight
								reps	weight