Workout Log

Date:	Weeks:	Other:	

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Sat/Sun

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

Notes:

www.fitness-and-bodybuilding-workouts.com