

Workout Log

Date: _____ Weeks: _____ Other: _____

Monday

Exercise Name	Sets						REPS
	1	2	3	4	5	6	
super set							
super set							
super set							
super set							
super set							
super set							

Tuesday

Exercise Name	Sets						REPS
	1	2	3	4	5	6	
super set							
super set							
super set							
super set							
super set							
super set							

Wednesday

Exercise Name	Sets						REPS
	1	2	3	4	5	6	
super set							
super set							
super set							
super set							
super set							
super set							

Thursday

Exercise Name	Sets						REPS
	1	2	3	4	5	6	
super set							
super set							
super set							
super set							
super set							
super set							

Friday

Exercise Name	Sets						REPS
	1	2	3	4	5	6	
super set							
super set							
super set							
super set							
super set							
super set							

Sat/Sun

Exercise Name	Sets						REPS
	1	2	3	4	5	6	
super set							
super set							
super set							
super set							
super set							
super set							

Notes

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