

Workout Log

Date:	Weight:		Cardio:		Set 3		Set 4		Set 5	
	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Date:	Weight:		Cardio:		Set 3		Set 4		Set 5	
	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Date:	Weight:		Cardio:		Set 3		Set 4		Set 5	
	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Date:	Weight:		Cardio:		Set 3		Set 4		Set 5	
	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Date:	Weight:		Cardio:		Set 3		Set 4		Set 5	
	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps