Exercise:			Date	:	Exercise:	Date:	Date:		
Set 1	Set 2	Set 3	Set 4	Set 5	Set 1	Set 2	Set 3	Set 4	Set 5
Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 6	Set 7	Set 8	Set 9	Set 10	Set 6	Set 7	Set 8	Set 9	Set 10
Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps

Exercise:			Date:			Exercise:			Date:	Date:	
Set 1	Set 2	Set 3	Set 4	Set 5	•	Set 1	Set 2	Set 3	Set 4	Set 5	
Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps		Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	
Set 6	Set 7	Set 8	Set 9	Set 10	•	Set 6	Set 7	Set 8	Set 9	Set 10	
Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps		Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	
					•						

Exercise: Date:					Exercise:		Date:		
Set 1	Set 2	Set 3	Set 4	Set 5	Set 1	Set 2	Set 3	Set 4	Set 5
Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 6	Set 7	Set 8	Set 9	Set 10	Set 6	Set 7	Set 8	Set 9	Set 10
Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps

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