

Workout Log

Goals: _____

Date: _____ Total Workout Time: _____

Muscle Group: _____

Resistance Training	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Cardio:

Exercise	Duration	Speed	Distance

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Muscle Group: _____

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Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

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