

Exercise

Goals:	
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Date:	Т	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											
Exercise	Baracion				Speed			Distance				
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:				'				·				

Speed

Distance

Duration