HOME EXERCISE LOG

Reps-Number of times you perform each individual lift. Set- Number of lifts grouped together ie 12 reps is one set.
Remember to warm up before you start your training session.

EXERCISE		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							