

WORKOUT LOG

GOALS:

CARDIO UPPER BODY LOWER BODY CORE FLEXIBILITY REHAB ETC REST

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