






WEIGHT TRAINING LOG

Name:	Date:
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Starting Pulse:	Workout Duration:
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Legs	Arms	Chest	Back	Abdominals
				

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
LEGS	Calf Raises						
	Squats						
	Lunges						
ARMS	Tricep Pulldowns						
	Shoulder Press						
	Wrist Curls						
	Bicep Curls						
CHEST	Bench Press						
	Dumbbell Fly						
	Dips						
BACK	Back Extensions						
	Upright Row						
ABS	Inclined Crunch						
	Declined Crunch						
	Side Bends						