

Exercise:				Date:	
Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps	Set 5 Weight/Reps	
Set 6 Weight/Reps	Set 7 Weight/Reps	Set 8 Weight/Reps	Set 9 Weight/Reps	Set 10 Weight/Reps	

Exercise:				Date:	
Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps	Set 5 Weight/Reps	
Set 6 Weight/Reps	Set 7 Weight/Reps	Set 8 Weight/Reps	Set 9 Weight/Reps	Set 10 Weight/Reps	

Exercise:				Date:	
Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps	Set 5 Weight/Reps	
Set 6 Weight/Reps	Set 7 Weight/Reps	Set 8 Weight/Reps	Set 9 Weight/Reps	Set 10 Weight/Reps	