



Date

Start Time

End Time

**Upper Body**

| Muscle    | Exercise | Weight | # of Reps | Notes |
|-----------|----------|--------|-----------|-------|
| Chest     |          |        |           |       |
|           |          |        |           |       |
|           |          |        |           |       |
| Back      |          |        |           |       |
|           |          |        |           |       |
|           |          |        |           |       |
| Shoulders |          |        |           |       |
|           |          |        |           |       |
|           |          |        |           |       |
| Biceps    |          |        |           |       |
|           |          |        |           |       |
|           |          |        |           |       |
| Triceps   |          |        |           |       |
|           |          |        |           |       |
|           |          |        |           |       |

**Lower Body**

| Muscle     | Exercise | Weight | # of Reps | Notes |
|------------|----------|--------|-----------|-------|
| Quads      |          |        |           |       |
|            |          |        |           |       |
|            |          |        |           |       |
| Hamstrings |          |        |           |       |
|            |          |        |           |       |
|            |          |        |           |       |
| Calves     |          |        |           |       |
|            |          |        |           |       |
|            |          |        |           |       |
| Abs        |          |        |           |       |
|            |          |        |           |       |
|            |          |        |           |       |