Date: _____

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____
	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____	Lbs._____ Reps: _____