HOME EXERCISE LOG



Reps-Number of times you perform each individual lift. Set-Number of lifts grouped together ie 12 reps is one set. Remember to warm up before you start your training session.

XERCISE		DAY1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	REPS					11		
	SETS	10				8.0	-	
	REPS							
	SETS							
	REPS							
	SETS	ř.						
	REPS						1	
	SETS						8.	
	REPS							
	SETS	,				1		
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS				İ			
	SETS						1	
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS							
	REPS							
	SETS						,	