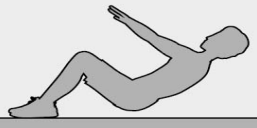
Workout Log



Date: **Focus Area:** **Duration:**

Exercise	Set 1		Set 2		Set 3		Set 4	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Exercise	Set 1		Set 2		Set 3		Set 4	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps