**WORKOUT LOG**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise** | **Weight** | **Reps** | **Reps** | **Reps** | **Notes** |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| [Name of Exercise] | 0lbs | 0 | 0 | 0 |  |
| **Cardio:** | | | | | |

|  |  |
| --- | --- |
| **Date:** | **Trainer:** |

|  |
| --- |
| **Final Remarks:** |