**Workout Log**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed.

If you did 5 pounds for 10 reps, you would write "5 X 10" The gray boxes below are used to record exercise.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Date: |  | Date: |  | Date: |
| **EXERCISE** | **Sets** | **EXERCISE** | **Sets** | **EXERCISE** | **Sets** |
| **#1** | #1 | **#1** | #1 | **#1** | #1 |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#2** | *#1* | **#2** | *#1* | **#2** | *#1* |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#3** | #1 | **#3** | #1 | **#3** | #1 |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#4** | *#1* | **#4** | *#1* | **#4** | *#1* |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#5** | #1 | **#5** | #1 | **#5** | #1 |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#6** | *#1* | **#6** | *#1* | **#6** | *#1* |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#7** | #1 | **#7** | #1 | **#7** | #1 |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#8** | *#1* | **#8** | *#1* | **#8** | *#1* |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#9** | #1 | **#9** | #1 | **#9** | #1 |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#10** | *#1* | **#10** | *#1* | **#10** | *#1* |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#11** | #1 | **#11** | #1 | **#11** | #1 |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
| **#12** | *#1* | **#12** | *#1* | **#12** | *#1* |
|  | #2 |  | #2 |  | #2 |
|  | #3 |  | #3 |  | #3 |
|  |  |  |  |  |  |