# **WORKOUT LOG**

|  |  |  |
| --- | --- | --- |
| **Name** | **Date** | **Workout Duration** |
|  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| LEGS | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Calf raises |  |  |  |  |  |  |
| Squats |  |  |  |  |  |  |
| Lunges |  |  |  |  |  |  |
| ARMS | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Triceps pull downs |  |  |  |  |  |  |
| Shoulder press |  |  |  |  |  |  |
| Wrist curls |  |  |  |  |  |  |
| Bicep curls |  |  |  |  |  |  |
| CHEST | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Bench press |  |  |  |  |  |  |
| Dumbbell fly |  |  |  |  |  |  |
| Dips |  |  |  |  |  |  |
| BACK | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Back extensions |  |  |  |  |  |  |
| Upright row |  |  |  |  |  |  |
| ABS | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
| Inclined crunch |  |  |  |  |  |  |
| Declined Crunch |  |  |  |  |  |  |
| Side bends |  |  |  |  |  |  |