WORKOUT LOG

Name

Date									
	SET	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS
Squats	1								
	2								
	3								
Walking lunges	1								
	2								
	3								
Bench press	1								
	2								
	3								
Bent-over row	1								
	2								
	3								
Lat-pull down	1								
	2								
	3								
Tricep kick-back	1								
	2								
	3								
Dumbell curl	1								
	2								
	3								
Back Extension	1								
	2								
	3								
Torso hold	1								
	2								
	3								
Stability Ball Crunch	3								
Reverse Crunch	3								
Seated twist	3								
Cardio:									
Type									
Distance/time									