

Pilates Workout Log

Day (circle): MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

EXERCISE	Set 1	Set 2
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>
	<i>Weight</i>	<i>Weight</i>
	<i>Reps</i>	<i>Reps</i>

Notes: