Workout Log

Date:

S M T W T F S

Focus Area: Hips Tight Chest Arms Body Fat Muscle

Cardio	DIST	TIME	SETS	REPS

Exercise		Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						
	W						
	R						