My Workout Log

Training Focus:	Duration:

Exercise		Set 1	Set 2	Set 3	Set 4
	Wt				
	Rep				
1	Wt				
	Rep				
	Wt				
	Rep				
	Wt				
	Rep				
	Wt				
	Rep				
	Wt				
	Rep				

Cardio	Time	Distance	Heart Rate	Calories	
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Notes			