

# WORKOUT LOG



**BEFORE:** Warm Up-

**AFTER:** Stretches-

#	DAY 1:	WORKOUT 1				WORKOUT 4				WORKOUT 7				WORKOUT 10			
		WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	

#	DAY 2:	WORKOUT 2				WORKOUT 5				WORKOUT 8				WORKOUT 11			
		WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	

#	DAY 3:	WORKOUT 3				WORKOUT 6				WORKOUT 9				WORKOUT 12			
		WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	

#	DAY 4:	WORKOUT 4				WORKOUT 7				WORKOUT 10				WORKOUT 13			
		WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	

**REST DAYS AND NOTES:**