

# WORKOUT LOG

DIRECTIONS:

#		WORKOUT 1				WORKOUT 2				WORKOUT 3			
		WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS

#		WORKOUT 4				WORKOUT 5				WORKOUT 6			
		WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS	WT/REPS

#		WORKOUT 7				WORKOUT 8				WORKOUT 9			
		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: