

# Workout Log

Day:	Date:		Day:	Date:		Day:	Date:	
<b>Warm Up</b>			<b>Warm Up</b>			<b>Warm Up</b>		
<b>Abs / Main Exercise</b>			<b>Abs / Main Exercise</b>			<b>Abs / Main Exercise</b>		
Primary Exercises	Repeats	Weight	Primary Exercises	Repeats	Weight	Primary Exercises	Repeats	Weight
Secondary Exercises	Repeats	Weight	Secondary Exercises	Repeats	Weight	Secondary Exercises	Repeats	Weight
<b>Cardio / Cool down</b>			<b>Cardio / Cool down</b>			<b>Cardio / Cool down</b>		
<b>Mode</b>			<b>Mode</b>			<b>Mode</b>		
<b>Time</b>			<b>Time</b>			<b>Time</b>		
<b>Calories Burned</b>			<b>Calories Burned</b>			<b>Calories Burned</b>		