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| --- | --- |
| **W o r k o u t L o g** |  |
| **Date:** | **Weeks:** | **Other:** |  |
| **Monday** | **Tuesday** |  |
| **Exercise Name** | **Sets** | **Exercise Name** | **Sets** | **o u t s . c o m** |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
| **Wednesday** | **Thursday** | **r k** |
| **Exercise Name** | **Sets** | **Exercise Name** | **Sets** | **i t n e s s ‐ a n d ‐ b o d y b u i l d i n g ‐ w o** |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
| **Friday** | **Sat/Sun** | **. f** |
| **Exercise Name** | **Sets** | **Exercise Name** | **Sets** | **w w w** |
| **1** | **2** | **3** | **4** | **5** | **6** |  | **1** | **2** | **3** | **4** | **5** | **6** |  |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
|  |  |  |  |  |  |  | reps |  |  |  |  |  |  |  | reps |
|  |  |  |  |  |  | weight |  |  |  |  |  |  | weight |
| **N o t e s:** |  |