## Workout Log



DATE:	

o	V			ірптетт	rneed					
est work	X # of in	tervals								
exercise	weight	1 2	2 3	4	5	6	7	8	9	10
•										
2.										
3.										
4.										
5.										
<b>5.</b>										
7.										
3.										
9.										
10.										
11.										
12.										
Difficulty: 1	2	3	4	5						
lotes:										



## Workout Log

## CIRCUIT WITH PARTS

7.1	-		
7 🖴	VIII.		

of rounds:			# of rounds:				
exercise	weight	# reps	exercise	weight	# rep		
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•			2.				
•			3.				
•			4.				
•			5.				
•			6.				
,			7.				
•			8.				
me: of rounds:	weight	# reps	# of rounds:	weight	# ren		
me: of rounds:	weight	# reps	Time:	weight	# rep		
me: of rounds: <b>xercise</b>	weight	# reps	# of rounds:  exercise  1.	weight	# rep		
me: of rounds: <b>xercise</b>	weight	# reps	# of rounds: exercise 1. 2.	weight	# rep		
me: of rounds: xercise	weight	# reps	# of rounds:  exercise  1. 2. 3.	weight	# rep		
of rounds: exercise	weight	# reps	# of rounds:  exercise  1.  2.  3.  4.	weight	# rep		
of rounds:	weight	# reps	# of rounds:	weight	# rep		
of rounds:	weight	# reps	# of rounds:	weight	# rep		
of rounds:  exercise	weight	# reps	# of rounds:	weight	# rep		



## Workout Log

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Equipment needed:

DATE:	

# of rounds:							
exercise					weight	# reps	notes
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
Time:							
Difficulty:	1	2	3	4	5		
Notes:							

