

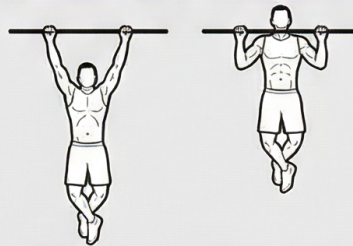
WEEKLY WORKOUT LOG

Track Your Progress Every Week

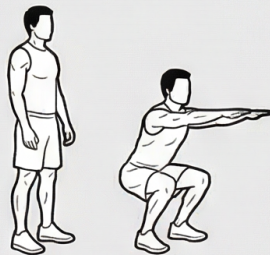
DAY	EXERCISE	SETS	REPS	WEIGHT	NOTES
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					



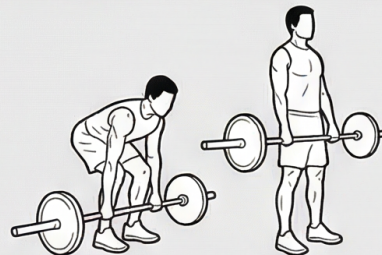
PUSH-UP: ___ Sets x ___ Reps



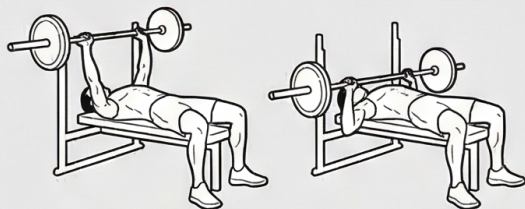
PULL-UP: ___ Sets x ___ Reps



SQUAT: ___ Sets x ___ Reps



DEADLIFT: ___ Sets x ___ Reps

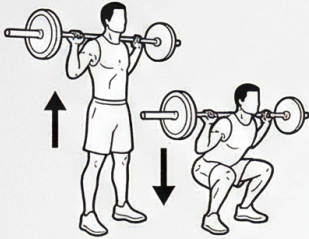


BENCH PRESS: ___ Sets x ___ Reps



PLANK: ___ Sets x ___ Sec

STRENGTH TRAINING WORKOUT LOG

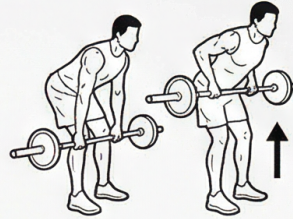


1) Barbell Squat

Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____

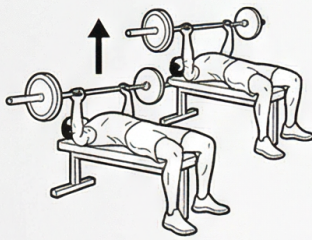


5) Barbell Row

Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____

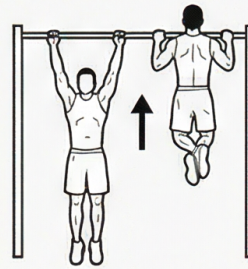


2) Bench Press

Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____

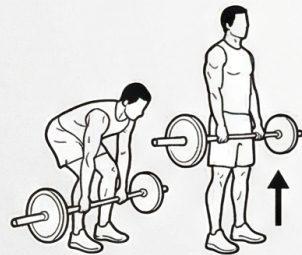


6) Pull-Up

Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____

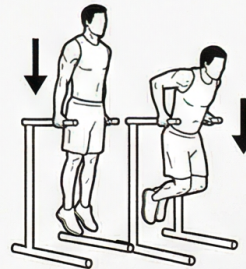


3) Deadlift

Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____

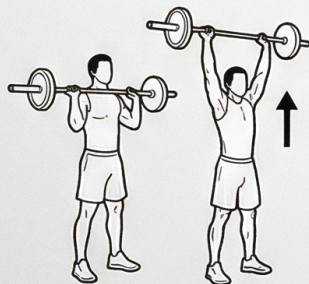


7) Dip

Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____

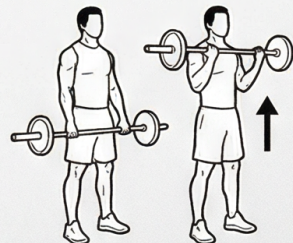


4) Overhead Press

Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____



8) Barbell Curl

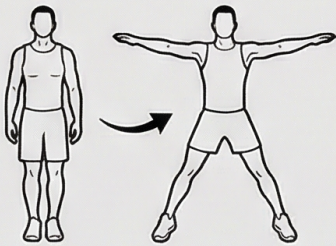
Set 1 Weight: ____ Reps: ____

Set 2 Weight: ____ Reps: ____

Set 3 Weight: ____ Reps: ____

CARDIO & HIIT WORKOUT LOG

1) JUMPING JACKS

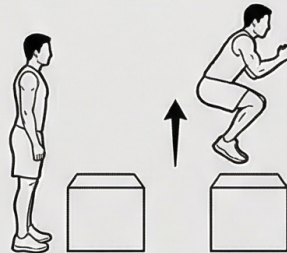


DURATION: _____

ROUNDS: _____

REST: _____

5) BOX JUMP

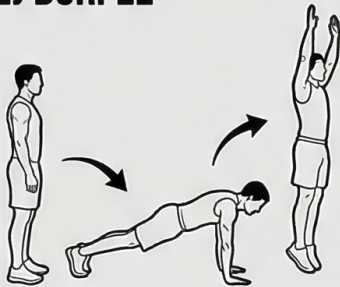


DURATION: _____

ROUNDS: _____

REST: _____

2) BURPEE

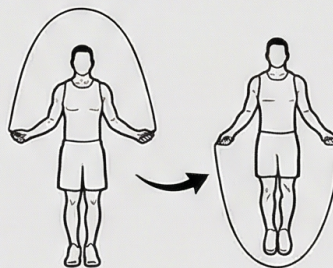


DURATION: _____

ROUNDS: _____

REST: _____

6) JUMP ROPE

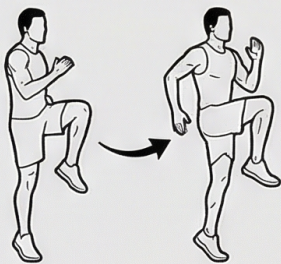


DURATION: _____

ROUNDS: _____

REST: _____

3) HIGH KNEES

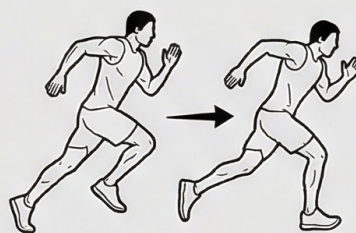


DURATION: _____

ROUNDS: _____

REST: _____

7) SPRINT

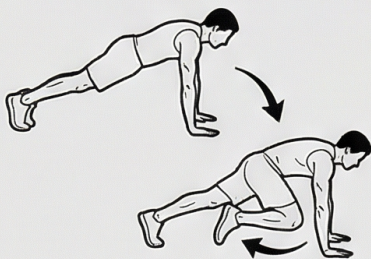


DURATION: _____

ROUNDS: _____

REST: _____

4) MOUNTAIN CLIMBERS

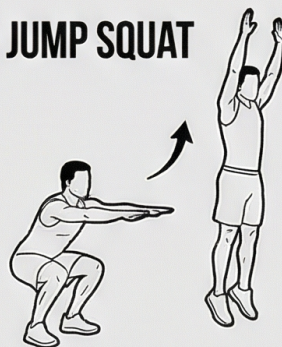


DURATION: _____

ROUNDS: _____

REST: _____

8) JUMP SQUAT



DURATION: _____

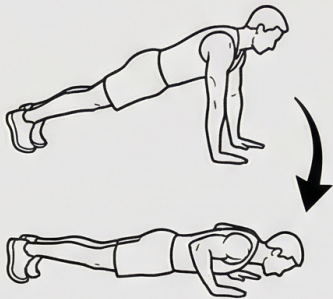
ROUNDS: _____

REST: _____

BODYWEIGHT WORKOUT LOG

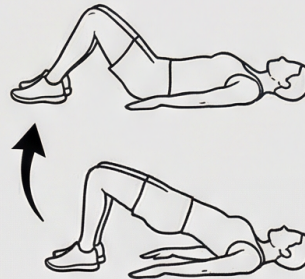
No Equipment Needed

1) Push-Up



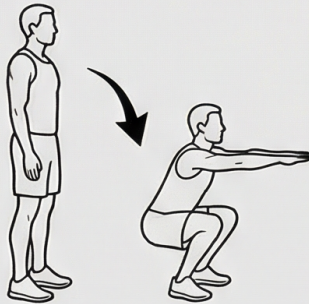
LOG	
Date	
Reps	
Sets	
Notes	

5) Glute Bridge



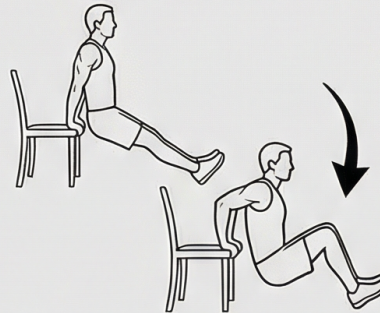
LOG	
Date	
Reps	
Sets	
Notes	

2) Air Squat



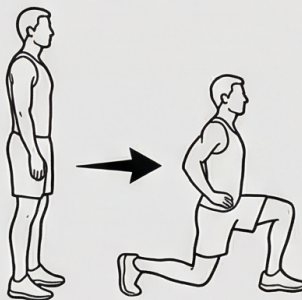
LOG	
Date	
Reps	
Sets	
Notes	

6) Tricep Dip



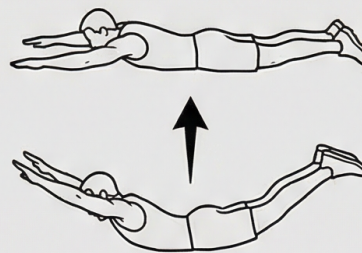
LOG	
Date	
Reps	
Sets	
Notes	

3) Lunge



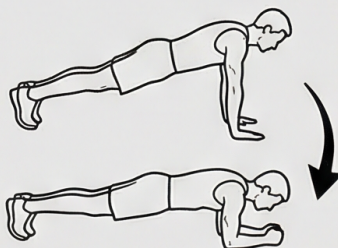
LOG	
Date	
Reps	
Sets	
Notes	

7) Superman



LOG	
Date	
Reps	
Sets	
Notes	

4) Plank



LOG	
Date	
Reps	
Sets	
Notes	

8) Side Plank



LOG	
Date	
Reps	
Sets	
Notes	