

WEIGHTS LOGBOOK

DATE :	DAY :
MUSCLE GROUP :	WEIGHT :
START TIME :	FINISH TIME :

☐ UPPER BODY

☐ LOWER BODY

☐ ABS

EXERCISE	SET	1	2	3	4	5	6	7
	REPS							
	WEIGHT							
	REPS							
	WEIGHT							
	REPS							
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	WEIGHT							
	REPS							
	WEIGHT							

CARDIO	TIME	DISTANCE	HEART RATE	CALS BURNED

NECK	P BICEP	L BICEP	CHEST	WAIST	HIPS	R TIGHT	L TIGHT	CALF