## **WEIGHTS LOGBOOK**

DATE:	DAY:									
MUSCLE GROUP:		WEIGHT:								
START TIME :		FINISH TIME :								
	ODY $\square$	/ DLOWER BODY DABS								
EXERCISE	S	ET	1 2	3	4	5	6	7		
		RE	EPS							
		WE	IGHT							
	RE	EPS								
	WE	WEIGHT								
	RE	REPS								
	WE	WEIGHT								
	R	REPS								
	WE	IGHT								
	R	EPS								
	WE	IGHT								
	R	EPS								
	WE	IGHT								
	R	EPS								
	WE	IGHT								
	R	EPS								
	WE	WEIGHT								
CARDIO TIME		D	DISTANCE		HEART RATE			CALS BURNED		
NECK P BICEP	L BICEP	CHEST	WAIST	HIPS	RTIG	нт Т	L TIGHT	T C	ALF	
	TOTAL PRODE				1			+	27.21	
									$\neg$	
						$\neg$				