

# workout log

Week:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Workout Day: \_\_\_\_\_

Exercise	Set -1	Set -2	Set -3	Set -4
Cable Kick Backs				
Static Lunge				
BB Core				
Banded Bridge				

Weight

Chest

Right Arm

Left Arm

Workout Notes:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Workout Day: \_\_\_\_\_

Exercise	Set -1	Set -2	Set -3	Set -4

Waist

Hips

Right Leg

Left Leg

Workout Notes:

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Week:

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Exercise

Set -1

Set -2

Set -3

Set -4

Sumo w/ Oblique				
Walking Lunges				
Sumo Shifts				
Press Backs / Tap				
Bridge / Chest Press				
Rev Crunch / C Fly				
BB CORE				

GOALS

Workout Notes:

Date:

Time:

Workout Day:

Exercise

Set -1

Set -2

Set -3

Set -4


Workout Notes: