## **Workout & Exercise Log**

Date (Day/Month/Year): Start Time:								
End Time:								
Scale Weight:								
Body Fat %: Fitness Goal: Stren	Strongth /Muscle Duilding /Fet Lees /Fndurence /Others							
Sleep (HRS):	Strength/Muscle Building/Fat Loss/Endurance/Other:							
Name of Workout: Full Body Workout (Free Weights) – Day One								
Body Parts Trained (Circle all that apply): Whole Body   Chest   Back   Shoulders   Legs   Calves   Biceps   Triceps   Abs   Other:								
CARDIO/AEROBIC/CONDITIONING EXERCISE								
EXERCISE			OISTANCI BITY/SPE	E <u>/</u> ED/CALORIE	<u>:S</u>	NOTES	<u> </u>	
WEIGHT, STRENGTH & RES	ISTAN	CE TRAII	<u>NING</u>					
<u>EXERCISE</u>	WEI	<u>GHT</u>	<u>SETS</u>	REPS		<u>REST</u>	<u>NOTES</u>	
Barbell Chest Press			3	8-10				
Pull Ups			3	To Failure				
Standing Military Shoulder Press			3	8-10				
Barbell Squat			3	8-10				
Seated Calf Raise			3	15				
Dumbbell Bicep Curls			3	8-10				
Tricep Bench Dips			3	To Failure				
Back Extensions			1	15				
Swiss/Stability Ball Ab Crunches			1-3	20-25				
DIET & NUTRITION								
MEAL F PRE-WORKOUT:	OODS	EATEN/I	NGREDII	<u>ENTS</u>				APPROXIMATE CALORIES
POST-WORKOUT:								
DAILY SUPPLEMENTS:								
OVERALL WORKOUT RATING (1-10)  MIND/BODY/WORKOUT NOTES:								

## **Workout & Exercise Log**

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Date (Day/Month/Ye	ear):								
Start Time:									
End Time:									
Scale Weight:									
Body Fat %:									
Fitness Goal:	Strength/N	rength/Muscle Building/Fat Loss/Endurance/Other:							
Sleep (HRS):		J							
Name of Workout: Full Body Workout (Free Weights) – Day Two									
Body Parts Trained ( Whole Body   Chest	Body Parts Trained (Circle all that apply): Whole Body   Chest   Back   Shoulders   Legs   Calves   Biceps   Triceps   Abs   Other:								
CARDIO/AEROBIC/O	CONDITIONI	NG EXERO	CISE						
			DISTANCE SITY/SPE	E/ ED/CALORIES	NOTES NOTES				
WEIGHT, STRENGTH & RESISTANCE TRAINING									
WEIGHT, STRENGTH	I & KESISIAI	NCE IRAII	<u>NING</u>						
EXERCISE		IGHT	SETS	REPS	REST	NOTES			
				REPS To Failure	REST	NOTES			
EXERCISE			<u>SETS</u>		REST	NOTES			
EXERCISE Dips	WE		<u>SETS</u>	To Failure	REST	NOTES			
EXERCISE Dips Cable Rows Seated Dumbbell Sh	WE		3 3	To Failure 8-10	REST	NOTES			
EXERCISE Dips Cable Rows Seated Dumbbell Sh Presses Barbell/Dumbbell	oulder		3 3 3	To Failure  8-10  8-10	REST	NOTES			
EXERCISE Dips Cable Rows Seated Dumbbell Sh Presses Barbell/Dumbbell Deadlifts Smith Machine Stand	oulder		3 3 3	To Failure  8-10  8-10  8-10	REST	NOTES			
EXERCISE  Dips  Cable Rows  Seated Dumbbell Sh Presses  Barbell/Dumbbell Deadlifts  Smith Machine Stand Calf Raises	oulder ding Curls		3 3 3 3 3	To Failure  8-10  8-10  8-10  15	REST	NOTES			
EXERCISE  Dips  Cable Rows  Seated Dumbbell Sheresses  Barbell/Dumbbell Deadlifts  Smith Machine Stand Calf Raises  Dumbbell Hammer County Courted Seated	oulder ding Curls		3 3 3 3 3	To Failure  8-10  8-10  15  8-10	REST	NOTES			

## **DIET & NUTRITION**

MEAL	FOODS EATEN/INGREDIENTS	APPROXIMATE CALORIES
PRE-WORKOUT:		
POST-WORKOUT:		
DAILY SUPPLEMENTS:		

OVERALL WORKOUT RATING (1-10)	MIND/BODY/WORKOUT NOTES:	
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## **Workout & Exercise Log**

Date (Day/Month/Year): Start Time:								
End Time:								
Scale Weight:								
Body Fat %:								
	Strength/Muscle Building/Fat Loss/Endurance/Other:							
Sleep (HRS):  Name of Workout: Full Body Workout (Free Weights) - Day Three								
Name of Workout: Full Body Workout (Free Weights) – Day Three  Redu Porte Trained (Circle all that apply):								
Body Parts Trained (Circle all that apply): Whole Body   Chest   Back   Shoulders   Legs   Calves   Biceps   Triceps   Abs   Other:								
CARDIO/AEROBIC/CONDITIONING EXERCISE								
EXERCISE	TIME/DISTANCE/ INTENSITY/SPEED/CALORIES			RIES	NOTES	<u>S</u>		
WEIGHT, STRENGTH & RES	ISTAN	CE TRAII	<u>VING</u>					
EXERCISE	WEI	<u>GHT</u>	<u>SETS</u>	REPS		REST	<u>NOTES</u>	
Dumbbell Chest Press			3	8-10				
Bent Over Dumbbell Rows/Barbell Rows			3	8-10				
Upright Rows (Dumbbell or Barbell)			3	8-10				
Lying Leg Press			3	8-10				
Seated Calf Press (Performed on Leg Press)			3	15				
Reverse Bicep Curls			3	8-10				
Lying Tricep Dumbbell Extensions (Skullcrushers)			3	8-10				
Back Extensions			1	15				
V-Crunches/Jack-Knife Sit-Ups (Abs)			3	To Failure	e			
DIET & NUTRITION								
MEAL F PRE-WORKOUT:	OODS	EATEN/I	NGREDII	<u>ENTS</u>				APPROXIMATE CALORIES
POST-WORKOUT:								
DAILY SUPPLEMENTS:								
OVERALL WORKOUT RATING (1-10)  MIND/BODY/WORKOUT NOTES:								