



WORKOUT LOG

Name _____

Date _____

Repetition Range _____

Target BPM _____

Chest	Seat	Back	Arm	Leg	Sets	Weights

Back	Seat	Back	Arm	Leg	Sets	Weights

Shoulders	Seat	Back	Arm	Leg	Sets	Weights

Biceps	Seat	Back	Arm	Leg	Sets	Weights

Triceps	Seat	Back	Arm	Leg	Sets	Weights

Legs	Seat	Back	Arm	Leg	Sets	Weights

Abdominals	Seat	Back	Arm	Leg	Sets	Weights