

Workout & Exercise Log

Date (Day/Month/Year): _____

Start Time: _____

End Time: _____

Scale Weight:	
Body Fat %:	
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:
Sleep (HRS):	

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

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>

WEIGHT, STRENGTH & RESISTANCE TRAINING

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<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

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

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

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Start Time: _____

End Time: _____

Scale Weight:	
Body Fat %:	
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:
Sleep (HRS):	

Name of Workout: Full Body Workout (Free Weights) – Day Two

Body Parts Trained (Circle all that apply):

Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/AEROBIC/CONDITIONING EXERCISE

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>

WEIGHT, STRENGTH & RESISTANCE TRAINING

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>	<u>NOTES</u>
Dips		3	To Failure		
Cable Rows		3	8-10		
Seated Dumbbell Shoulder Presses		3	8-10		
Barbell/Dumbbell Deadlifts		3	8-10		
Smith Machine Standing Calf Raises		3	15		
Dumbbell Hammer Curls		3	8-10		
Overhead Seated Dumbbell Tricep Press		3	8-10		
Back Extensions		1	15		
Hanging Leg Raises/Captains Chair (ABS)		2	To Failure		

DIET & NUTRITION

<u>MEAL</u>	<u>FOODS EATEN/INGREDIENTS</u>	<u>APPROXIMATE CALORIES</u>
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 %:	
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:
Sleep (HRS):	

Name of Workout: Full Body Workout (Free Weights) – Day Three

Body Parts Trained (Circle all that apply):

Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/AEROBIC/CONDITIONING EXERCISE

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>

WEIGHT, STRENGTH & RESISTANCE TRAINING

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>	<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		

DIET & NUTRITION

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

OVERALL WORKOUT RATING (1-10)		MIND/BODY/WORKOUT NOTES:	
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