

WORKOUT LOG SHEET

Name: _____

Date: _____

STRENGTH TRAINING EXERCISES	Warm-up set	Set #2	Set #3	Set #4
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

ABDOMINAL EXERCISES

1.				
2.				
3.				
4.				

STRETCHING EXERCISES	Time (secs.)	Time (secs.)	Time (secs.)	Time (secs.)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

AEROBIC WORKOUT	Time (min.)	Program or Speed (mph)	HR range (bpm)
1.			
2.			
3.			
4.			

NOTES/COMMENTS
