Date: Time: Other Notes:

Workout Focus/Type: Time Between Sets:

Workout	Hocu	ıs/ I ype:								Time Between Sets:									
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
Evercise	Bar	Weight	WH	S1	S2	S3	S4	S5	S6	Exercise	Rar	Weight	W/11	S1	S2	S3	S4	S5	S6
EXCIOIO	Dai	Woight	***	<u> </u>	OL.	00	0.	00	00	EXCIOISO	Βαι	vvoigni	****	<u> </u>	Ü2	00	0.		00
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
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Date: Time: Other Notes:

Workout Focus/Type: Time Between Sets:

Workout	Hocu	ıs/ I ype:								Time Between Sets:									
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
Evercise	Bar	Weight	WH	S1	S2	S3	S4	S5	S6	Exercise	Rar	Weight	W/11	S1	S2	S3	S4	S5	S6
EXCIOIO	Dai	Woight	***	<u> </u>	OL.	00	0.	00	00	EXCIOISO	Βαι	vvoigni	****	<u> </u>	Ü2	00	0.		00
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6	Exercise	Bar	Weight	WU	S1	S2	S3	S4	S5	S6
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