

WORKOUT LOG BOOK

**BUILDING LEAN
*MUSCLE***


**STRONG MIND
STRONG BODY**

Workout Log Book

Date_____ Weight_____ S M T W T F S

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5
	REPS					
	WEIGHT					
	REPS					
	WEIGHT					
	REPS					
	WEIGHT					
	REPS					
	WEIGHT					
	REPS					
	WEIGHT					
	REPS					
	WEIGHT					
	Reps					
	Weight					

Date_____ Weight_____ S M T W T F S

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5
	REPS					
	WEIGHT					
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	WEIGHT					
	REPS					
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	Reps					
	Weight					