

WORKOUT LOG

Date:

Routine:

Duration:

EXERCISE	SET	WEIGHT	REPS	NOTES / RPE
1.	1			
	2			
	3			
	4			
2.	1			
	2			
	3			
	4			
3.	1			
	2			
	3			
	4			

EXERCISE	SET	WEIGHT	REPS	NOTES / RPE
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4.

1

2

3

4

5.

1

2

3

4

POST-WORKOUT RECOVERY & COMMENTS