

# FULL BODY WORKOUT LOG

DATE:

START TIME:

WEIGHT:

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES
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## LOWER BODY

Squat / Leg Press

Deadlift / Hinge

Lunges / Step Ups

## UPPER PUSH

Bench / Chest Press

Overhead Press

## UPPER PULL

Pull Ups / Lat Pulldown

Bent Over Row

## CORE & ACCESSORY

Plank / Abs

Biceps / Triceps

EXERCISE	SETS	REPS	WEIGHT	REST	NOTES
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Calf Raises

POST-WORKOUT REFLECTION

Intensity: 1 2 3 4 5 6 7 8 9 10 Duration: \_\_\_\_\_ min Sleep: \_\_\_\_\_ hrs