

WEEKLY WORK OUT LOG

Name _____

Exercise	Mon	Tue	Wed	Thu	Fri
Warm up					

Core	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight
1.					
2.					
3.					

Upper Body	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight
1.					
2.					
3.					
4.					
5.					
6.					

Lower Body	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight	Rep/Set/Weight
1.					
2.					
3.					
4.					
5.					
6.					