Date & Time:	A P 24	Weekd	ay:	ı	M T W 1	TH F S SI	F S SU		Weight:		lbs / kg	
Muscle Group(s)		Method		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
Exercise			Weight	l			Ī	Ī				
Group		DB BB CA MA Body Other	Reps									
			Mediaka									
Group		DB BB CA MA Body Other	Weight									
Group	DB BB CA MA I Other	DB BB CA MA Body Other	Weight									
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Exercise		DB BB CA MA Body Other	Weight									
Group			Keps									
Exercise		DB BB CA MA Body Other	Weight									
Group			Reps									
Exercise		DB BB CA MA Body Other	Weight									
Group		Other	Reps									
Exercise		DB BB CA MA Body Other	Weight									
Group			Reps									
Exercise		DB BB CA MA Body Other	Weight									
Group			Reps									
Exercise		DB BB CA MA Body Other	Weight									
Group			Reps									
Exercise		DB BB CA MA Body Other	Weight									
Group			Reps									
Execution	Straight Cyclic Other:			tween Sets M:S)	:	: Total Workout Time (H:M:S)			: :			
Split Type	Full 2 3 4 5 6 7 Notes:	Workout ID		Notes								