

# Log Your Workout - 06/05/2020 11:53 AM

## Exercises

| Exercise Name | Sets | Reps | Weight |
|---------------|------|------|--------|
| squat         | 5    | 12   | 50lbs  |
| sldl          | 5    | 15   | 50lbs  |
| side-lunges   | 3    | 15   | 25lbx  |