

exercise tracker



DATE _____

E X E R C I S E S

| | | | |
|------|--------|------|--------|
| | | | |
| REPS | WEIGHT | REPS | WEIGHT |
| 15 | ----- | 15 | ----- |
| 12 | ----- | 12 | ----- |
| 8 | ----- | 8 | ----- |
| 8 | ----- | 8 | ----- |
| | | | |
| REPS | WEIGHT | REPS | WEIGHT |
| 15 | ----- | 15 | ----- |
| 12 | ----- | 12 | ----- |
| 8 | ----- | 8 | ----- |
| 8 | ----- | 8 | ----- |
| | | | |
| REPS | WEIGHT | REPS | WEIGHT |
| 15 | ----- | 15 | ----- |
| 12 | ----- | 12 | ----- |
| 8 | ----- | 8 | ----- |
| 8 | ----- | 8 | ----- |