	W	orko	ut Log		
Date:	Weeks:		Other:		
Monda	ay		Tuesda	ay	
Exercise Name	Sets	Reps	Exercise Name	Sets	Reps
Wednes	sday		Thursd	ay	
Exercise Name	Sets	Reps	Exercise Name	Sets	Reps
Frida	V		Saturday/Su	undav	
Exercise Name	Sets	Reps	Exercise Name	Sets	Reps
		No	105		
		NO			