

## EXERCISE LOG

Date: 2024-12-18

Workout: Full Body Circuit

Exercises:

1. Squats: 3 sets x 15 reps
2. Push-ups: 3 sets x 20 reps
3. Pull-ups: 3 sets x 10 reps
4. Planks: 3 sets x 60 seconds

Duration: 45 minutes

Intensity: High

Primary Muscles: legs, chest, back, core

Secondary Muscles: shoulders, arms

Notes:

- Felt strong today
- Increased squat weight by 5 lbs
- Heart rate avg: 145 bpm