

Workout Log											
Day:		Date:		Day:		Date:		Day:		Date:	
Warm Up				Warm Up				Warm Up			
Abs / Main Exercise						Abs / Main Exercise					
Primary Exercises		Repeats	Weight	Primary Exercises		Repeats	Weight	Primary Exercises		Repeats	Weight
Secondary Exercises		Repeats	Weight	Secondary Exercises		Repeats	Weight	Secondary Exercises		Repeats	Weight
Cardio / Cool down				Cardio / Cool down				Cardio / Cool down			
Mode				Mode				Mode			
Time				Time				Time			
Calories Burned				Calories Burned				Calories Burned			