

gym log, v4

Warm Up				
foam rolling, yoga, body priming – 5+ minute				
{{ workout_name }}				
exercise	sets	reps	rest	
today's date:				
a) {{ exercise-1a }}	{{ sets-1 }}	{{ reps-1 }}	{{ rest-1 }}	wt
b) {{ exercise-1b }}				reps
c) {{ exercise-1c }}				
a) {{ exercise-2a }}	{{ sets-2 }}	{{ reps-2 }}	{{ rest-2 }}	wt
b) {{ exercise-2b }}				reps
c) {{ exercise-2c }}				
a) {{ exercise-3a }}	{{ sets-3 }}	{{ reps-3 }}	{{ rest-3 }}	wt
b) {{ exercise-3b }}				reps
c) {{ exercise-3c }}				
a) {{ exercise-4a }}	{{ sets-4 }}	{{ reps-4 }}	{{ rest-4 }}	wt
b) {{ exercise-4b }}				reps
c) {{ exercise-4c }}				
a) {{ exercise-5a }}	{{ sets-5 }}	{{ reps-5 }}	{{ rest-5 }}	wt
b) {{ exercise-5b }}				reps-
c) {{ exercise-5c }}				
a) {{ exercise-6a }}	{{ sets-6 }}	{{ reps-6 }}	{{ rest-6 }}	wt
b) {{ exercise-6b }}				reps
c) {{ exercise-6c }}				
{{ exercise-bonus-1 }}	{{ sets-bonus-1 }}	{{ reps-bonus-1 }}	{{ rest-bonus-1 }}	
{{ exercise-bonus-2 }}	{{ sets-bonus-2 }}	{{ reps-bonus-2 }}	{{ rest-bonus-2 }}	
Mets (Time/Cals):				
Notes:				

[illegible]

