gym log, v4

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Warm Up** | | | | | | | |
| foam rolling, yoga, body priming – 5+ minute | | |  |  | |  |  |
| **{{ workout\_name }}** | | | | | | | |
| exercise | | | sets | reps | | rest |  |
| today’s date: | | | | | | | |
| 1. {{ exercise-1a }} 2. {{ exercise-1b }} 3. {{ exercise-1c }} | | | **{{ sets-1 }}** | **{{ reps-1 }}** | | **{{ rest-1 }}** | wt |
| reps |
| 1. {{ exercise-2a }} 2. {{ exercise-2b }} 3. {{ exercise-2c }} | | | **{{ sets-2 }}** | **{{ reps-2 }}** | | **{{ rest-2 }}** | wt |
| reps |
| 1. {{ exercise-3a }} 2. {{ exercise-3b }} 3. {{ exercise-3c }} | | | **{{ sets-3 }}** | **{{ reps-3 }}** | | **{{ rest-3 }}** | wt |
| reps |
| 1. {{ exercise-4a }} 2. {{ exercise-4b }} 3. {{ exercise-4c }} | | | **{{ sets-4 }}** | **{{ reps-4 }}** | | **{{ rest-4 }}** | wt |
| reps |
| 1. {{ exercise-5a }} 2. {{ exercise-5b }} 3. {{ exercise-5c }} | | | **{{ sets-5 }}** | **{{ reps-5 }}** | | **{{ rest-5 }}** | wt |
| reps- |
| 1. {{ exercise-6a }} 2. {{ exercise-6b }} 3. {{ exercise-6c }} | | | **{{ sets-6 }}** | **{{ reps-6 }}** | | **{{ rest-6 }}** | wt |
| reps |
| {{ exercise-bonus-1 }} | | | **{{ sets-bonus-1 }}** | **{{ reps-bonus-1 }}** | | **{{ rest\_bonus-1 }}** |  |
| {{ exercise-bonus-2 }} | | | **{{ sets-bonus-1 }}** | **{{ reps-bonus-2 }}** | | **{{ rest\_bonus-2 }}** |  |
| Mets (Time/Cals): | | | | | | | |
| **Notes:** | | | | | | | |
|  | | | | | | | |
|  |  |  | | |  | | |
|  | | | | | | | |
| Week 1 | Week 2 | Week 3 | | | Week 4 | | |
|  |  |  | | |  | | |
| a b c | a b c | a b c | | | a b c | | |
|  |  |  | | |  | | |
| a b c | a b c | a b c | | | a b c | | |
|  |  |  | | |  | | |
| a b c | a b c | a b c | | | a b c | | |
|  |  |  | | |  | | |
| a b c | a b c | a b c | | | a b c | | |
|  |  |  | | |  | | |
| a b c | a b c | a b c | | | a b c | | |
|  |  |  | | |  | | |
| a b c | a b c | a b c | | | a b c | | |
|  |  |  | | |  | | |
|  |  |  | | |  | | |
|  |  |  | | |  | | |
|  |  |  | | |  | | |
|  |  |  | | |  | | |