{{ workout\_name }}

today’s date: {{ today\_date }}

...

{{ exercise-1a }}

{{ exercise-1b }}

{{ exercise-1c }}

{{ set-1 }}

{{ reps-1 }}

{{ rest-1 }}

...

{{ exercise-2a }}

{{ exercise-2b }}

{{ exercise-2c }}

{{ set-2 }}

{{ reps-2 }}

{{ rest-2 }}

...

{{ exercise\_bonus\_1 }}

{{ bonus\_set\_1 }}

{{ reps\_bonus\_1 }}

{{ rest\_bonus\_1 }}

...

{{ exercise\_bonus\_2 }}

{{ bonus\_set\_2 }}

{{ reps\_bonus\_2 }}

{{ rest\_bonus\_2 }}