



Date: _____

Week: _____ Day: _____

Time: _____ am / pm

Muscle Group(s) Worked: _____

HIIT: Y / N Cardio: Y / N

Weight: _____ kg / lbs

EXERCISE:	REPS (or time in sec):					
	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6