

Workout Sheet

			Date:				Date:				Date:			
Target	Exercise	Set	1	2	3	4	1	2	3	4	1	2	3	4
		Wt.												
		Reps												
		Wt.												
		Reps												
		Wt.												
		Reps												
		Wt.												
		Reps												
		Wt.												
		Reps												
		Wt.												
		Reps												
		Wt.												
		Reps												
		Wt.												
		Reps												