

WORKOUT TRACK SHEET

Name: _____

Date: _____

Exercise	Set	No. 1	No. 2	No. 3	No. 4	No. 5	No. 6
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						
	lbs.						
	reps.						

Cardio: _____

Notes: _____
