

PW

PW

PW

PW

PW

PW

PW

## Workout Log

10 exercises · 4 sets each - track reps and weight per set.

<b>Date:</b>	<b>Focus:</b>
--------------	---------------

Exercise	Set 1	Set 2	Set 3	Set 4	Notes
	reps / weight	reps / weight	reps / weight	reps / weight	

PW

PW

PW

PW

PW

PW

PW