

Workout Log Template

planners

Sets x 5

PW

PW

PW

PW

PW

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PW

Workout Log

8 exercises · 5 sets each - track reps and weight per set.

Date:	Focus:
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Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
	reps / weight	reps / weight	reps / weight	reps / weight	reps / weight	

PW

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