Workout

DATE

Exercise	SET 1		SET 2		SET 3		SET 4		SET 5	
	lb / kg	reps	lb / kg	reps	lb / kg	reps	lb / kg	reps	lb / kg	reps
Squat										
Bench press										
Row										
Overhead press										
Deadlift										
Pull-ups										
Plank										

CARDIO

ACTIVITY	TIME	DISTANCE	EFFORT

NOTES