

# DAY 5 LOG

(All fields are editable. Type text in corresponding fields)

WEEK    /   /    to    /   /    FOR: \_\_\_\_\_

TIME: \_\_\_\_\_

GOALS \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## WEIGHT TRAINING / STRENGTH TRAINING

Days: \_\_\_\_\_

EXERCISES	SETS /	REPS	WEIGHT	REST TIME	NOTES
SEATED ARNOLD PRESS	5	8			
BACK SQUATS	5	5			
INCLINE BENCH PRESS	5	5			
SHRUGS	5	5			
STRAIGHT ARM PULL OVERS	2	20			
CHIN UPS	2	FAILURE			

## CARDIO TRAINING

Days: \_\_\_\_\_

EXERCISES	TIME / DIST	TARGET HR	INTENSITY*	NOTES

\*Intensity can be low / moderate / high

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_