DAY 3 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
LUNGES	4	6			
STIFF LEG DEADLIFTS	4	10			
SEATED DUMBBELL PRESS	5	5			
DIPS	1	20			
CURLS	3	15			

CARDIO TRAINING

Days:

EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES

*Intensity can be low / moderate / high

Notes: