



Weight Training Log

CHEST AND TRICIPIS

Exercise	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt

BACK AND BICEPS

Exercise	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt

LEGS AND ABS

Exercise	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt

SHOULDERS

Exercise	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt	Rep / Wgt

NOTES: