

STRENGTH FOR LIFE WORKOUT TRACKER

Friday

HIIT/ABS

HIIT | ABS

DATE _____ WK# _____ START TIME _____ FINISH TIME _____



SET	EXERCISE	PLANNED REPS	ACTUAL REPS	
ABS	1	Ab Crunches (30 Seconds Rest Between Sets)	12-15	15
	2		12-15	15
	3		12-15	13
	4	Reverse Crunches (30 Seconds Rest Between Sets)	12-15	15
	5		12-15	14
	6		12-15	12
	7	Cross Crunches (30 Seconds Rest Between Sets)	12-15	15
	8		12-15	15
	9		12-15	15

POST WORKOUT 1 RECORD 2 PROJECT 3 REFLECT