

DATE _____ WK# _____ START TIME _____ FINISH TIME _____

SET	EXERCISE	TBS	PLANNED WEIGHT/REPS	TiL	ACTUAL WEIGHT/REPS	AiL
LEGS/QUADS	1 Dumbbell Step Lunges		/12	2	/	
	2	60	/10	3	/	
	3	60	/8	4	/	
	4	60	/8+	5	/	
	5 Dumbbell Squats	60	/10	4	/	
	6	0	/10+	5	/	
HAMSTRINGS	7 Dumbbell Straight-Leg Dead Lifts	60	/12	2	/	
	8	60	/10	3	/	
	9	60	/8	4	/	
	10	0	/8+	5	/	
	11 Dumbbell Sumo Squats	60	/12	4	/	
	12	0	/12+	5	/	
CALVES	13 Dumbbell Single-Leg Calf Raises	60	/12	2	/	
	14	0	/12	3	/	
	15	0	/12	4	/	
	16	0	/12+	5	/	

POST WORKOUT

1 RECORD

2 PROJECT

3 REFLECT