Workout Log

Name: _____ Class site: _____

Age: _____

Fill in each box with your weight used or number of reps done.

Exercise	3/16/20	3/___/20	3/___/20									
Push ups												
Squats												
Lunges												
Abs												
Dips												
Step ups												
Arm curls												
Calf raises												
XXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
Exercise	__/___/20	__/___/20										
Push ups												
Squats												
Lunges												
Abs												
Dips												
Step ups												
Arm curls												
Calf raises												
XXXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX	XXXXXXX
Exercise	__/___/20	__/___/20										
Push ups												
Squats												
Lunges												
Abs												
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Step ups												
Arm curls												
Calf raises												