

WORKOUT RECORD



NAME: _____

GOALS: _____

POSTURE/ FLEXIBILITY: _____

INJURIES: _____

DATE																		
SESSION #																		
CARDIO																		
EXERCISE	WEIGHT	REPS.	SETS	WEIGHT	REPS.	SETS	WEIGHT	REPS.	SETS	WEIGHT	REPS.	SETS	WEIGHT	REPS.	SETS	WEIGHT	REPS.	SETS