

# PERSONAL TRAINING LOG

Name: \_\_\_\_\_ Trainer: \_\_\_\_\_ Date: \_\_\_\_\_

Warm up in minutes _____		Workout #1		Workout #2		Workout #3		Workout #3		Workout #4		Workout #5		Workout #6		Workout #7	
EXERCISE	SETS	WTS	REPS	WTS	REPS	WTS	REPS	WTS	REPS	WTS	REPS	WTS	REPS	WTS	REPS	WTS	REPS
1	1 2 3																
2	1 2 3																
3	1 2 3																
4	1 2 3																
5	1 2 3																
6	1 2 3																
7	1 2 3																
8	1 2 3																
9	1 2 3																
10	1 2 3																
11	1 2 3																
12	1 2 3																