



# Workout Log

Date \_\_\_\_\_

**Plan**                      65%    15                      75%    10                      80%    8                      85%    5-6                      90%    3-4

<b>Strength Exercise</b>	Int.	Reps	Wt	Int.	Reps	Wt	Int.	Reps	Wt	Int.	Reps	Wt	Int.	Reps	Wt	PR
Kettle ball swing	65%	15		75%	10		80%	8								
actual																
Lat pull down	65%	15		75%	10		80%	8								
actual																
Seated cable row	65%	15		75%	10		80%	8								
actual																

<b>Cardio exercise</b>	Time	Int.	HR	Time	Int.	HR	Time	Int.	HR	Time	Int.	HR	Time	Int.	HR
Treadmill	5 min.	50%		3 min.	60%		2 min.	70%							

Figure 13.10. Workout Log, Day 1, Hip Hinge and Pull



# Workout Log

Date \_\_\_\_\_

**Plan**                      65%    15                      75%    10                      80%    8                      85%    5-6                      90%    3-4

<b>Strength Exercise</b>	Int.	Reps	Wt	Int.	Reps	Wt	Int.	Reps	Wt	Int.	Reps	Wt	Int.	Reps	Wt	PR
Leg press machine	65%	15		75%	10		80%	8								
actual																
Dumbbell bench press	65%	15		75%	10		80%	8								
actual																
Dumbbell shoulder press	65%	15		75%	10		80%	8								
actual																

<b>Cardio exercise</b>	Time	Int.	HR	Time	Int.	HR	Time	Int.	HR	Time	Int.	HR	Time	Int.	HR
Treadmill	5 min.	50%		3 min.	60%		2 min.	70%							

Figure 13.11. Workout Log, Day 2, Squat and Press