# Workout Log

Date _____

| **Plan** | 65% | 15 | | 75% | 10 | | 80% | 8 | | 85% | 5-6 | | 90% | 3-4 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Strength Exercise** | Int. | Reps | Wt | Int. | Reps | Wt | Int. | Reps | Wt | Int. | Reps | Wt | Int. | Reps | Wt | **PR** |
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Int. – intensity Reps – repetitions Wt. - weight

| **Cardio exercise** | Time | Intensity | HR | Time | Int. | HR | Time | Int. | HR | Time | Int. | HR | Time | Int. | HR |
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HR – heart rate