



## Weight Training Log

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					

w = weight r = repetitions