

Workout log

Week 1

Month: _____ Year: _____ Goal for the month: _____

One row = one set. Note: how it felt, technique, RPE 1-10.

[illegible]

Week total: workouts _____ volume _____ kg

Personal records this week:

Workout log

Week 2

Month: _____ Year: _____ Goal for the month: _____

One row = one set. Note: how it felt, technique, RPE 1-10.

[illegible]

Week total: workouts _____ volume _____ kg

Personal records this week:

Workout log

Week 3

Month: _____ Year: _____ Goal for the month: _____

One row = one set. Note: how it felt, technique, RPE 1-10.

[illegible]

Week total: workouts _____ volume _____ kg

Personal records this week:

Workout log

Week 4

Month: _____ Year: _____ Goal for the month: _____

One row = one set. Note: how it felt, technique, RPE 1-10.

[illegible]

Week total: workouts ____ volume _____ kg

Personal records this week: