

Your workout, recorded.

One row per set. Write what you completed.

DATE _____ SESSION / GYM _____

UNIT ☐ kg ☐ lb LOAD CONVENTION _____

e.g. total barbell load / per-hand dumbbell load / displayed machine load

#	EXERCISE / VARIATION	TYPE	LOAD	REPS	REST / EFFORT / NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					

TYPE WU = warm-up W = working Other: name it in notes
For single-arm or single-leg work, label reps per side; record L/R if different.

COMPARE WITH LAST TIME

