WORKOUT PL	_AN		DATE:				
Strength Workout							
Circle One:							
Upper Body	Lower Body	Abs	Time Spent:				

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	WT						
	WTREP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WTREP						
	REP						
	WT						
	REP						
	WTREP						
	REP						

Cardio Workout	Time Spent:			
		Intensity		
Exercise	Duration	Level		
		(1 - 5)		