



**Upper Body
and
Lower Body Log**



UPPER BODY EXERCISES		
Type of Exercise	Weight	# of Sets/Repetitions
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
LOWER BODY EXERCISES		
Type of Exercise	Weight	# of Sets/Repetitions
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		