

# POWER FACTOR WORKOUT LOG SHEET (A WORKOUTS)

(Take to the gym.)

| DATE       | WORKOUT A |      |
|------------|-----------|------|
| / /        | WEIGHT    | REPS |
| CHEST      |           |      |
| LOWER BACK |           |      |
| UPPER BACK |           |      |
| ABS        |           |      |

Workouts A-0 to A-6 are all **2.0 minutes per exercise**.

| DATE       | WORKOUT A |      | TIME |      |
|------------|-----------|------|------|------|
| / /        | WEIGHT    | REPS | MIN. | SEC. |
| CHEST      |           |      |      |      |
| LOWER BACK |           |      |      |      |
| UPPER BACK |           |      |      |      |
| ABS        |           |      |      |      |

Workouts A-7 and higher have user-determined duration.

# POWER FACTOR WORKOUT LOG SHEET (B WORKOUTS)

(Take to the gym.)

| DATE      | WORKOUT B |      |
|-----------|-----------|------|
| / /       | WEIGHT    | REPS |
| TRAPEZIUS |           |      |
| SHOULDERS |           |      |
| TRICEPS   |           |      |
| BICEPS    |           |      |

Workouts B-0 to B-6 are all **2.0 minutes per exercise**.

| DATE      | WORKOUT B |      | TIME |      |
|-----------|-----------|------|------|------|
| / /       | WEIGHT    | REPS | MIN. | SEC. |
| TRAPEZIUS |           |      |      |      |
| SHOULDERS |           |      |      |      |
| TRICEPS   |           |      |      |      |
| BICEPS    |           |      |      |      |

Workouts B-7 and higher have user-determined duration.

# POWER FACTOR WORKOUT LOG SHEET (C WORKOUTS)

(Take to the gym.)

| DATE   | WORKOUT C |      |
|--------|-----------|------|
| / /    | WEIGHT    | REPS |
| QUADS  |           |      |
| CALVES |           |      |

Workouts C-0 to C-6 are all **2.0 minutes per exercise**.

| DATE   | WORKOUT C |      | TIME |      |
|--------|-----------|------|------|------|
| / /    | WEIGHT    | REPS | MIN. | SEC. |
| QUADS  |           |      |      |      |
| CALVES |           |      |      |      |

Workouts C-7 and higher have user-determined duration.