



## Weight Training Log

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					
	w					
	r					

w = weight r = repetitions

[www.weightlossandtraining.com](http://www.weightlossandtraining.com)