

____ of ____

Date



Weightlifting Log



duration		avg heart rate	
start time		heart rate zone	
energy level	1 2 3 4 5 6 7 8 9 10	time in zone	
exertion	1 2 3 4 5 6 7 8 9 10	calories	



warmup

____ min elliptical plate rotations

____ min bike warmup lift

____ min walk/run high knee/high leg

____ min rowing lunge/4arm-instep



exercise

weight	rep range	tempo	rest
set 1 /	set 2 /	set 3 /	set 4 /
			set 5 /



exercise

weight	rep range	tempo	rest
set 1 /	set 2 /	set 3 /	set 4 /
			set 5 /



exercise

weight	rep range	tempo	rest
set 1 /	set 2 /	set 3 /	set 4 /
			set 5 /



exercise

weight	rep range	tempo	rest
set 1 /	set 2 /	set 3 /	set 4 /
			set 5 /



exercise

weight	rep range	tempo	rest
set 1 /	set 2 /	set 3 /	set 4 /
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set 1 /	set 2 /	set 3 /	set 4 /
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exercise

weight	rep range	tempo	rest
set 1 /	set 2 /	set 3 /	set 4 /
			set 5 /

notes