Workout Log

Cardiovascular Workout – Exercise Time Average HR

Ex. Mach	Exercise	Muscle Group	Setting	Date		Date		Date		Date		Date		Date		Date		Date		Date	
				Wt/Reps		Wt/Reps		Wt/Reps		Wt/Reps		Wt/Reps		Wt/Reps		Wt/Reps		Wt/Reps		Wt/Reps	
1	Leg Press	Quads																			
2	Seated Leg Curl	Hamstring																			
3	Leg Extension	Quad																			
4	Inner/ Outer	Abd/Adducto																			
5	Seated Calf Raise	Soleus																			
6	Dips	Chest/Triceps																			
7	Chin Ups	Back																			
8	Rotary Chest	Pectorals																			
9	Lo Row	Rhomboid																			
10	Rotary Shoulder	Deltoids																			
11	Upright Row	Traps																			
12	Rope Extension	Triceps																			
13	Bicep Curl	Bicep																			
14	Low Back Ext.	Spinal Erectors																			
15	3 Way Crunch	Abs																			