



Trackable Workout Log

Exercise		Sun.		Mon.		Tues.		Weds.		Thurs.		Fri.		Sat.	
		Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets
Week 1	Squats														
	Supermans														
	Push-ups														
	Overhead shoulder press														
	Bicep curls														
	Tricep chair dips														
	Plank														
Week 2	Squats														
	Supermans														
	Push-ups														
	Overhead shoulder press														
	Bicep curls														
	Tricep chair dips														
	Plank														
Week 3	Squats														
	Supermans														
	Push-ups														
	Overhead shoulder press														
	Bicep curls														
	Tricep chair dips														
	Plank														
Week 4	Squats														
	Supermans														
	Push-ups														
	Overhead shoulder press														
	Bicep curls														
	Tricep chair dips														
	Plank														