

#	Workout Day	1st Set Weight	Reps		2nd Set Weight	Reps
1						
	Comments:					
2						
	Comments:					
3						
	Comments:					
4						
	Comments:					
5						
	Comments:					
6						
	Comments:					
7						
	Comments:					
8						
	Comments:					
9						
	Comments:					
10						
	Comments:					
11						
	Comments:					
12						
	Comments:					
13						
	Comments:					
14						
	Comments:					
15						
	Comments:					
16						
	Comments:					

#	Workout Day	Cardio		Abs
1				
	Comments:			
2				
	Comments:			
3				
	Comments:			
4				
	Comments:			
5				
	Comments:			
6				
	Comments:			
7				
	Comments:			
8				
	Comments:			
9				
	Comments:			
10				
	Comments:			
11				
	Comments:			
12				
	Comments:			
13				
	Comments:			
14				
	Comments:			
15				
	Comments:			
16				
	Comments:			