RUE AMBITIONS FITNESS

WORKOUT LOG

Date :

Total Workout Time :

Muscle Group :

Resistance Training	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
EXERCISE	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**

Cardio :

EXERCISE	**DURATION**	**SPEED**	**DISTANCE**

Date :

Total Workout Time :

Muscle Group :

Resistance Training	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
EXERCISE	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**	**WEIGHT**	**REPS**

Cardio :

EXERCISE	**DURATION**	**SPEED**	**DISTANCE**