Weight Training Log

Name | Date

FISICO
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UPPER BODY EXERCISES

	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S

LOWER BODY EXERCISES

	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S

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Core Strength | Cardio Log | Weekly Schedule

Name | Date

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CORE STRENGTH EXERCISES

	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S
	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S

CARDIO

	TIME	HR	TIME	HR	TIME	HR	TIME	HR	TIME	HR	TIME	HR

WEEKLY EXERCISE SCHEDULE

Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio							
Weights							
Rest Day							

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