

WORKOUT LOG SHEET

NAME:	START TIME:
DATE:	STOP TIME:
TRAINER:	TOTAL TIME:

GENERAL WARM UP	SPECIFIC WARM UP	COOL DOWN

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

<u>GOALS</u>	<u>TARGET HEART RATE</u>
REP RANGE: _____	MAX HEART RATE: 220 - AGE
TEMPO: _____	50% _____ BPM
REST BETWEEN SETS: _____	55% _____ BPM
TOTAL WORKOUT TIME: _____	60% _____ BPM
_____	65% _____ BPM
	70% _____ BPM
	75% _____ BPM
	80% _____ BPM
	85% _____ BPM
	90% _____ BPM