## **Resistance Training Log**

Date and Time:		Plan Day #:			Warm Up:				
Exercise	Sets	Reps	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Notes:									
Date and Time:		Plan Day #:			Warm Up:				
Date and Time:		Plan Day	y #:		Warm Up:				
Date and Time:  Exercise	Sets	Plan Day	y #: Rest	Set 1	Warm Up:	Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6
	Sets		1	Set 1		Set 3	Set 4	Set 5	Set 6

