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:**				
Exercise	**Sets**	**Reps**	**Rest**	**Set 1**	**Set 2**	**Set 3**	**Set 4**	**Set 5**	**Set 6**
Notes:									

Pikefitness