

WORKOUT TRACKER

DATE:

TOTAL WORKOUT TIME:

TRAINING FOCUS:

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
<div style="border: 1px solid black; padding: 5px; min-height: 100px;"> </div>	WT						
	REP						
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CARDIO	DISTANCE	TIME	HEART RATE	PACE	CALORIES

DATE:

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EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
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