Strength Training Log

Date:	Name :														
Description	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted	Set	Reps	Weights Lifted
	+														
															////
Training Duration			////		////	////		Notes	<u>///</u>	////		////			
Beginning Pulse								INOTES	•						
Ending Pulse															
Weight															
Goal Weight															
Total Sets															
Total Reps															
	1														