

## WORKOUT LOG SHEET

<b>NAME:</b>	<b>START TIME:</b>
<b>DATE:</b>	<b>STOP TIME:</b>
<b>TRAINER:</b>	<b>TOTAL TIME:</b>

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