

Workout Log

www.SmartTrainingNow.com

Date: _____

Day: _____

	Cardio Workout	Time	Speed/ Level	Heart Rate	Cals Burned
Time / start finish	<input type="checkbox"/> Treadmill				
	<input type="checkbox"/> Elliptical				
Warmup _____ mins.	<input type="checkbox"/> Bike				
	<input type="checkbox"/> Stair Climber				
Stretching _____ mins.	<input type="checkbox"/> Rowing				
	<input type="checkbox"/> Aerobics Class				
Trainer/Instructor	<input type="checkbox"/>				
	<input type="checkbox"/>				

Strength Training

Exercise/Machine	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

Notes: www.SmartTrainingNow.com
