

# QUANTIFY YOUR TRAINING

## Beginner Workout

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO \_\_\_\_\_ **EXERCISE** \_\_\_\_\_ **DURATION** \_\_\_\_\_

**LENGTH OF WORKOUT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_

**MOOD WHEN STARTING:** \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Squat - 5 reps					
Bench - 5 reps					
Rows - 5 reps					
Abs - 5 reps					
"Sprint The Straightaways" - Less than 5 laps. Do as many as you can without stopping movement.		XX	XX	XX	XX

notes: