

## QUANTIFY YOUR TRAINING

### Full Body Workout

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

**LENGTH OF WORKOUT:**

**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
Seated Dumbbell Curls		
Ab Crunches		
Dumbbell Lung		
Dumbbell Row		
Stability Ball Rollout		
Bungee Squat/Side Leg Raise		
Tricep Kickback		
Hammers		
Bungee Side Step		
Seated Shoulder Press or Dumbbell Fly		
Stability Ball Double Leg Drop		
Bungee Kneeling Glute Kickback		

training, nutrition, rest, notes: