

WORKOUT LOG

Upper Body No Equipment Bodyweight Workout

Date : _____ Total Workout Time : _____

Strength Training	Set : 1		Set : 2		Set : 3		Notes
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
Plank							
Back Extension							
Push Ups							
Triceps Dips							
Side Plank							
Inverted Row							
Dolphin to Plank Press							
Arm Circles							

CARDIO	DURATION	SPEED	DISTANCE

Date : _____ Total Workout Time : _____

Strength Training	Set : 1		Set : 2		Set : 3		Notes
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
Plank							
Back Extension							
Push Ups							
Triceps Dips							
Side Plank							
inverted Row							
Dolphin to Plank Press							
Arm Circles							

CARDIO	DURATION	SPEED	DISTANCE