flex
fitness studio

Workout Log - Weight & Cardio Tracking Sheet

Name: _____ Trainer: _____

Training Heart Rate Zone:(Beats/min) _____

DATE																
WARM-UP- MACHINE																
TIME/LEVEL																
EXERCISES	**Wts**	**Reps**	**Wts**	**Reps**	**Wts**	**Reps**	**Wts**	**Reps**	**Wts**	**Reps**	**Wts**	**Reps**	**Wts**	**Reps**	**Wts**	**Reps**
CARDIO WORKOUT- MACHINE																
TIME/LEVEL																