ToneTeen.com - Tools & Charts

Workout Log

Date:	-	Start Time:	7	End Time:	-
					_
Upper Body					
Muscle	Exercise	Weight	# of Reps		Notes
Chest				4	
				-	
				†	
Back					
				_	
				4	
Shoulders					
				1	
]	
				ļ	
Biceps				-	
				-	
				1	
Triceps					
				_	
				1	
Lower Body					
Muscle	Exercise	Weight	# of Reps		Notes
Quads					
				_	
				-	
Hamstrings]	
Calves				1	
				1	
Abs					
				4	
				_	