

Training Log Title: _____

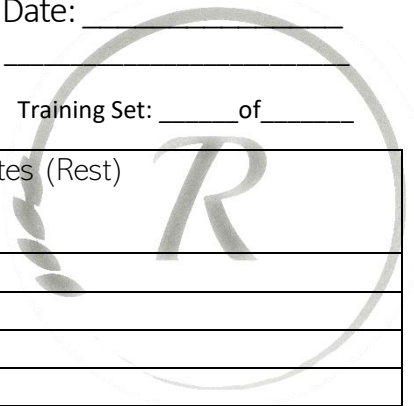
Start Date: _____

Riverland Nutrition & Wellness FOCUS: _____

STAGE: _____

TRAINING DAYS: **M T W TH F S SU**

Training Set: _____ of _____



Exercise	Sets	Rep Goal	Set 1	Set 2	Set 3	Set 4	Notes (Rest)
A1							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
A2							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
B1							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
B2							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
C1							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
C2							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
D1							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
D2							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	

