

FITNESSXT

KETTLEBELL <> CROSS TRAINING

www.Fitnessxt.com

WORKOUT LOG

DATE _____ TIME _____

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	Set #3	Set #4	Set #5	Weight to use next time...

Workout Location: _____

Scale Body Weight: _____

Mood When Starting: _____

Cardio Today? *Circle One:* **YES** **NO** Length: _____

Length Of Workout _____

Comments: