My Training Logs - Workout Sheet Template

	Sets	Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Tempo	Rest
Exercise A										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 5										
Exercise B										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 5										
Exercise C										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 5										
Exercise D										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 5										
Exercise E										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 5										
Exercise F										
Workout 1										
Workout 2										
Workout 3										
Workout 4										
Workout 5										