



Fitness Results By Design, NOT Coincidence

Workout Log

Date:	Planned Start Time:	Actual Start Time:
Day 1 of	Planned End Time	Actual End Time:
Starter Program – Workout A	Expected Duration:	Actual Duration:

		PLAN				ACTUAL			
Exercise Order	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest

NOTES

A1, A2; B1, B2 etc are all performed as mini circuits. Perform one set of each exercise in a circuit format, until you have completed all the work sets.

Tempo refers to the lifting speed. The first number is the speed in seconds you lower the weight, the second number is the length of time you pause in the bottom position and the third number is the speed at which you lift the weight. So 2-2-1 tempo would be a 2 second lowering of the weight, a two second pause at the bottom and a 1 second lifting of the weight.

Rest refers to the amount of time you spend resting between sets in your circuits. When it says 0s, the circuit becomes a superset where no rest is taken between each exercise.

WORKOUT NOTES



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Workout Log - Example

Date:	Planned Start Time:	Actual Start Time:
Day 1 of	Planned End Time	Actual End Time:
Starter Program – Workout A	Expected Duration:	Actual Duration:

		PLAN				ACTUAL			
Exercise Order	Exercise	Sets	Reps	Tempo	Rest	Sets	Reps	Tempo	Rest
A1	Squat	2	15	Normal	60				
B1	Split Squat	2	15	Normal	60				
B2	DB Row with elbow out	2	15	Normal	60				
C1	Push-up	2	15	Normal	60				
C2	Swiss Ball Crunch	2	15	Normal	60				

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