Printable Workout Log (example)

Target Muscle Group: Upper Body Exercise (Arms & Torso)

Date:_____ Weight:____ Notes:_____

EXERCISE	Mon	Tue	Wed	Thu	Fri	Sat
Body Combat						
Latin Dance						
Jazz Dance						

Printable Workout Log (example)

Target Muscle Group: Lower Body (Abs, Butt, Thighs)

Date:_____ Weight:____ Notes:_____

EXERCISE	Mon	Tue	Wed	Thu	Fri	Sat
Power Jump						
Body Step						

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Your Own Printable Workout Log

Target Muscle Group: _____

Date:_____ Weight:____ Notes:_____

EXERCISE	Mon	Tue	Wed	Thu	Fri	Sat

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