# Workout Log

Phase #_____ Week #_____

| | | | | Set 1 | | Set 2 | | Set 3 | | Set 4 | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Workout Day | Exercise Name | Rest Time | RIR/RPE | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight |
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## NOTES