

High Intensity Workout

Fill in the weight you used and the number of reps you performed. If you did 100 lbs for 10 reps you would write "100 X 10"

Date Weight

Start Time (A) Mood

Finish Time (B) Length (B-A)

Leg Press X

Leg Extension X

Leg Curl X

Shoulder Press X

Seated Row X

Chest Press X

Bicep Curl X

Triceps Extension X

Chin Ups X

Cable Cross Over X

Calf Raise X

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