

FOCUS FITNESS

Free Workout Log Templates

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focusfitness.net

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Dear Friend,

I hope this guide will help you attain your fitness goals.

I can't stress enough how important tracking your workouts is. For one, it will help you make maximum gains and reach your fitness goals in the shortest time possible.

How to use the workout logs

The first thing you need is a **Target Reps**. This is the least number of reps you should do for each exercise.

How to come up with Target Reps

Use the least number of reps for previous workout to determine your target reps.

For instance, if in today's workout you did:

Push Ups:

Set 1 – 12 reps

Set 2 – 10 Reps

Set 3 – 8 Reps

Your target reps for push ups in the next workout should be 9 reps. That is, today's minimum reps plus one $8+1=9$.

In short, add one rep to your previous workout's minimum reps. Always aim to do more than the target reps.

Rest- The amount of time you rest between reps

Muscles Trained- The muscles groups you are targeting in that workout.

Daily workout log template

Use this log to record your daily workouts. Here's is done-for-you example.

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Workout No. 1

Date 3/9/2015

Muscles Trained Chest and Triceps

Length of Workout 45 minutes

Warm Up Exercise: Jump rope

Warm up Length: 5 minutes

Exercises	Target Reps	Reps 1 st Set	Reps 2 nd Set	Reps 3 rd Set	Rest
Wide grip Push ups	25	35	33	27	1 min
Dive Bomber push ups	10	15	13	11	1 min
Triceps extensions	8	12	10	9	1 min
Tigerbend Push ups	13	16	14	12	1 min
Diamond push ups	20	25	23	21	1 min

Stretching/ Additional Notes

5-minute upper body dynamic stretching.

To explain further – your target reps for *wide grip push ups* in the next workout should be 28 reps– Today's minimum (27+1)

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Workout No. _____

Date _____

Muscles Trained _____

Length of Workout _____

Warm Up Exercise:

Warm up Length:

Exercises	Target Reps	Reps 1 st Set	Reps 2 nd Set	Reps 3 rd Set	Rest

Stretching/ Additional Notes

Weekly Workout Log Template

In this log you will combine a whole week's workout in one template.

Note that this log doesn't have much detail as the daily one.

TR – Target reps

R1, R2, R3 –Reps for 1st, 2nd and 3rd sets.

M - Minutes

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Week No. 1

Date 3/9/2015

Length of Workouts 45 minutes

Exercises	Workout 1					Workout 2					Workout 3				
	TR	R1	R2	R3	Rest	TR	R1	R2	R3	Rest	TR	R1	R2	R3	Rest
Narrow grip push ups	10	15	13	11	1 m										
Bench Dips	8	14	11	9	1 m										
Diamond push ups	10	13	11	10	1 m										
Wall push ups	15	18	15	15	1 m										
Pull ups						8	12	10	11	1 m					
Inverted rows						12	15	14	12	1 m					
Supermans						7	10	8	7	1 m					
Chin Ups						12	16	14	13	1 m					
Squats											30	37	34	31	2 m
Lunges											20	29	27	23	2 m
Pike Push ups											10	13	12	11	1 m
Wide Grip Push Ups											15	17	17	16	1 m

There you have it, use either of the two templates to track your progress.

Get the 3-day bodyweight workout routine here: <http://3-day.focusfitness.net/>

To a leaner and stronger you,

Stay focused,

Brian Syuki



(To print the workout log templates, click the print button on top, select the page the workout log template is on, and then print.)