Workout log

arclift.app

DATE _____ **WORKOUT** _____ **START** _____ **DURATION** _____

EXERCISE _____

Set	Weight	Reps	RPE	Rest	Notes
1					
2					
3					
4					
5					

EXERCISE _____

Set	Weight	Reps	RPE	Rest	Notes
1					
2					
3					
4					
5					

EXERCISE _____

Set	Weight	Reps	RPE	Rest	Notes
1					
2					
3					
4					
5					

EXERCISE _____

Set	Weight	Reps	RPE	Rest	Notes
1					
2					
3					
4					
5					

EXERCISE _____

Set	Weight	Reps	RPE	Rest	Notes
1					
2					
3					
4					
5					

Set: write W for a warm-up, D for a drop set, F for a failure set. Weight: one unit, kg or lb, for the whole sheet.
Free from arclift.app/tools/workout-log-template/