

# FITNESS LOG

DATE

13/5/2022

BY

WILL

WORKOUT

Legs

START

FINISH

EXERCISE	SET 1	2	3	4	5	6
Squats	10 reps	10 reps	10 reps	---	---	---
Lunges	10 reps	10 reps	10 reps	---	---	---
Leg press	10 reps	10 reps	10 reps	---	---	---
Donkey kick	10 reps	10 reps	10 reps	---	---	---
Split squat	10 reps	10 reps	10 reps	---	---	---
Stretching	10 min	10 min	10 min	---	---	---
	---	---	---	---	---	---
	---	---	---	---	---	---
Running	30 min	30 min	30 min	---	---	---
	---	---	---	---	---	---

NOTES

100 grams of protein

REST

3 L

WATER

15

WEIGHT

85

DATE

13/5

BY

WILL

# Getting In Shape My Way Fitness Log Book

**Rosina Ehmann**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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