

Simple Exercise Log

Date	Activity	Details (Reps / Sets / Distance / Duration)	Notes
05/01/18	Walking	3 miles / 45 min	Walking on the beach
05/02/18	Upper Body:		
	Chest Press	120 lbs / 3 sets / 15 reps	Completed this workout
	DB Shoulder Press	45 lbs each / 3 sets / 15 reps	at work's gym
	Lat Pull Down	145 lbs / 3 sets / 15 reps	
	DB Bicep Curls	25 lbs each / 3 sets / 15 reps	
	Triceps Pressdown	30 lbs / 3 sets / 15 reps	
	Stretch	3 minutes	
05/04/18	Lower Body:		
	Seated Leg Press	185 lbs / 3 sets / 15 reps	At my gym with Mark
	Leg Extensions	65 lbs / 3 sets / 15 reps	
	DB Deadlifts	45 lbs each / 3 sets / 15 reps	
	Laying Leg Curls	85 lbs / 3 sets / 15 reps	
	Standing Calf Raises	45 lbs / 3 sets / 15 reps	
	Stretch	3 minutes	
05/05/18	Run	2 miles / 25 min	Great morning run!
05/07/18	Yoga	50 min	With Fiancé 



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