		PLAN				ACTUAL			
Date:		Planned Start Time:				Actual Start Time:			
Weight: lbs		Planned End Time:				Actual End Time:			
Lower Body Workout		Time to Complete: 42 minutes				Total Time:			
Lower Body Muscle Groups	Exercise	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level	Reps	Weight (lbs)	Minutes Between Sets	Intensity Level
Quads		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Hamstrings		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Wrists		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				
Abs		12		1	5				
		10		1	6				
		8		1	7				
		6		1	8				
High Point		12		0	9				
		12		2	10				

NOTES