SETLOAD â PRINTABLE GYM WORKOUT LOG

setload.app/guides/workout-log-template

Date: _____ **Workout / Split:** _____ **Bodyweight:** _____

EXERCISE	PREVIOUS	SET 1	SET 2	SET 3	SET 4
1. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:
2. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:
3. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:
4. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:
5. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:
6. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:
7. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:
8. Exercise name	Last wk:	Wt x Reps	Wt x Reps	Wt x Reps	Wt x Reps
Rest / Notes:		RPE/RIR:	RPE/RIR:	RPE/RIR:	RPE/RIR:

SESSION NOTES / NEXT SESSION TARGETS:

Tip: Record working sets only. When you hit the top of your rep range on every set, add 2.5-5 lb / 1.25-2.5 kg next session. Free from Setload.