

# WLIC

## WORKOUTS



**Top-Notch Workouts**  
— THAT BREED —  
**Superior Physiques**

[WWW.WEIGHT-LIFTING-COMPLETE.COM](http://WWW.WEIGHT-LIFTING-COMPLETE.COM)

**Jumping Jack Conditioning Workout – Printable Log**

#	Date	Time of Day	Duration	# of Jumping Jacks	Avg Heart Rate
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					