

Printable Workout Log

W L C	Workout A				Workout B			
	Week 1 Day 1				Week 1 Day 3			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 1 Day 5				Week 2 Day 8			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 2 Day 10				Week 2 Day 12			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 3 Day 15				Week 3 Day 17			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 3 Day 19				Week 4 Day 22			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 4 Day 24				Week 4 Day 26			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 5 Day 29				Week 5 Day 31			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 5 Day 33				Week 6 Day 36			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 6 Day 38				Week 6 Day 40			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 7 Day 43				Week 7 Day 45			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 7 Day 47				Week 8 Day 50			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								

W L C	Workout A				Workout B			
	Week 8 Day 52				Week 8 Day 54			
Set	Squat	Bench Press	Row	Dip	Squat	Overhead Press	Deadlift	Chin Up
1								
2								
3								