Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
<th>Set #4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumbbell Seated Box Jump: 12 sets of 1 rep, X-X-X, -</td>
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<tr>
<td>Glute Ham Raise: 3 sets of 5 reps, 2-0-1, 2 min</td>
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<tr>
<td>Prone Manual Hamstring: 3 sets of 8E, 2-1-2, 1½ min</td>
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<tr>
<td>Reverse Hyperextension: 4 sets of 8 reps, 2-1-X, -</td>
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<tr>
<td>Speed Box Squat: 12 sets of 2 reps, X-1-X, 45 sec</td>
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</tbody>
</table>
Back to the Printable Logs Main Page.