Runner Strength Training's Workout Log - Bodybuilding.com

Postural Exercises

DAY: ___________________________
DATE: ___________________________
TIME: ___________________________ am/pm

CARDIO TODAY? YES NO

EXERCISE ___________________________
DURATION ___________________________

LENGTH OF WORKOUT: ___________________________
WEIGHT: ___________________________
LOCATION: ___________________________

MOOD WHEN STARTING: ___________________________

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>
</tr>
</thead>
<tbody>
<tr>
<td>Pullups: build up to 3 sets of 10 reps</td>
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<tr>
<td>Pushups: 3 sets of 10-20 reps</td>
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<td>Swiss ball russian twists: 3 sets of 10-14 reps</td>
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<td>Vertical Compression test:</td>
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</tbody>
</table>

TRAINING, NUTRITION & SUPPLEMENT NOTES:
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