Upper Body Workout Log

Upper Body Workout

Date:

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| --- | --- |
| Planned Start Time: | Actual Start Time: |
| Planned End Time: | Actual End Time: |
| Time to Complete: | Total Time: |

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|  | | | **PLAN** | | | |  | **ACTUAL** | | | |
| Upper Body Muscle Groups | Exercise |  | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |  | Reps | Weight (lbs) | Minutes Between Sets | Intensity Level |
| Chest |  |  |  |  |  |  |  |  |  |
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| **High**  **Point** |  |  |  |  |  |  |  |  |  |
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| Shoulders |  |  |  |  |  |  |  |  |  |
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| **High**  **Point** |  |  |  |  |  |  |  |  |  |
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| Back |  |  |  |  |  |  |  |  |  |
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| **High**  **Point** |  |  |  |  |  |  |  |  |  |
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| Triceps |  |  |  |  |  |  |  |  |  |
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| **High**  **Point** |  |  |  |  |  |  |  |  |  |
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| Biceps |  |  |  |  |  |  |  |  |  |  |  |
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| **High Point** |  |  |  |  |  |  |  |  |  |
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**NOTES**

