



Powerlifting Workout Log

Week:

Workout I

	Exercise Name	Sets	Reps	Weight
1a				
1b				
2a				
2b				
3a				
3b				

Workout II

	Exercise Name	Sets	Reps	Weight
1a				
1b				
2a				
2b				
3a				
3b				

Workout III

	Exercise Name	Sets	Reps	Weight
1a				
1b				
2a				
2b				
3a				
3b				

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