



Max Meltdown

WORKOUT LOG

WEEK#: _____

DAY _____	DAY _____	DAY _____	DAY _____	DAY _____	DAY _____	DAY _____
Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:
Stretching:	Stretching:	Stretching:	Stretching:	Stretching:	Stretching:	Stretching:
Upper Body:	Upper Body:	Upper Body:	Upper Body:	Upper Body:	Upper Body:	Upper Body:
Lower Body	Lower Body	Lower Body	Lower Body	Lower Body	Lower Body	Lower Body
Abdominals:	Abdominals:	Abdominals:	Abdominals:	Abdominals:	Abdominals:	Abdominals:
Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio:
Class:	Class:	Class:	Class:	Class:	Class:	Class:

see next page for example



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WORKOUT LOG

EXAMPLE WORKOUT LOG

WEEK#: 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Warm Up: <i>Treadmill 10 mins</i>	Warm Up:	Warm Up: <i>Treadmill 10 mins</i>	Warm Up:	Warm Up: <i>Treadmill 10 mins</i>	Warm Up:	Warm Up: <i>Treadmill 10 mins</i>
Stretching:	Stretching: <i>5 mins</i>	Stretching: <i>5 mins</i>	Stretching: <i>5 mins</i>	Stretching:	Stretching:	Stretching: <i>10 mins</i>
Upper Body: <i>Bicep Curls Triceps Dips Push ups</i>	Upper Body:	Upper Body: <i>Bench Press Reverse Fly Pull ups</i>	Upper Body:	Upper Body:	Upper Body:	Upper Body:
Lower Body	Lower Body <i>Squats Lunges Calf Raises</i>	Lower Body	Lower Body <i>Leg Raises Leg Press Side Kicks</i>	Lower Body	Lower Body	Lower Body
Abdominals: <i>Sit ups</i>	Abdominals:	Abdominals: <i>Incline Crunches</i>	Abdominals:	Abdominals: <i>Twisting Crunches</i>	Abdominals: <i>Ball Crunches</i>	Abdominals:
Cardio:	Cardio:	Cardio:	Cardio:	Cardio:	Cardio: <i>Zumba</i>	Cardio:
Class:	Class: <i>Spinning</i>	Class:	Class:	Class: <i>TRX</i>	Class:	Class: <i>WLWT</i>