# BOZE'S BODYSHOP: WEIGHT TRAINING RECORD SHEET

| DATE | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| EXERCISE | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS | WT/REPS |
| WARM-UP/CARDIO: | | | | | | | | | | | | |
| LOWER BODY: | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| ABDOMINALS/CORE: | | | | | | | | | | | | |
| UPPER BODY: | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| COOL-DOWN: | | | | | | | | | | | | |