

GOALS:



MISSION MUSCLE

Track your fitness and strength training progress.																
		M Tu W Th F Sa Su			M Tu W Th F Sa Su			M Tu W Th F Sa Su			M Tu W Th F Sa Su			M Tu W Th F Sa Su		
TIME (minutes):																
NO	TES:															
EXERCISES	1RM*	CETC	DEDC	WT	CETC	REPS	WT	CETC	REPS	WT	CETC	REPS	WT	CETC	REPS	WT
EXERCISES	IKW	SEIS	KLF3	VVI	SETS	KLF3	VVI	SETS	KLF3	VVI	SETS	KEFS	VVI	SETS	KEFS	***
			i													
	_															
*1RM - One Rep Max (for	referen	ce)														
CARDIO EXERCISES		TIME	DIST	INT**	TIME	DIST	INT									

^{*}Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate