TRAINING LOG EXAMPLE

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| **Week: 1** | | **Day: 2 01/01/2020** | |
| **Exercise** | **Parameters** | | **Results/Output** |
| **Barbell Squat** | **1 set 10 reps, 1 set 8 reps, 1 set AMAP 6 reps minimum** | | **Set 1 30kg, Set 2 40kg, Set 3 50kg** |
| **Burpee** | **45 Seconds as many as possible.**  **Done after Squats** | | **Set 1: 20, Set 2: 19, Set 3: 21** |
| **Push Ups** | **3 sets of 10 – 12 reps** | | **Set 1: 12, Set 2: 12, Set 3: 10 w/5kg on back\*** |
| **Skipping** | **5mins On**  **2mins Off x2** | |  |
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| **Notes: \* 12 reps was too easy to do with bodyweight. Put 5 kg on back for last set to make it harder.** | | | |

TRAINING LOG



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| **Notes:** | | | |