



CRUNCHTIME WHEN FITNESS GETS PERSONAL, IT'S CRUNCHTIME

Work out Sheet

Chest

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

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Weights (kg)						
Reps						

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Exercise:

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Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						



CRUNCHTIME WHEN FITNESS GETS PERSONAL, IT'S CRUNCHTIME

Work out Sheet

Shoulders

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						



CRUNCHTIME WHEN FITNESS GETS PERSONAL, IT'S CRUNCHTIME

Work out Sheet

Legs

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						



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Work out Sheet

[Back](#)

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						



CRUNCHTIME WHEN FITNESS GETS PERSONAL, IT'S CRUNCHTIME

Work out Sheet

Arms

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date: _____ **Exercise:** _____

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						



CRUNCHTIME WHEN FITNESS GETS PERSONAL, IT'S CRUNCHTIME

Work out Sheet

Abs

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Weights (kg)						
Reps						

Date:

Exercise:

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Weights (kg)						
Reps						

Date:

Exercise:

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Weights (kg)						
Reps						