

# Weight Training Log



Easily Track Your Weightlifting  
Workouts From Week-To-Week

# Using The Workout Log



The single most important tool when it comes to stimulating muscle growth and strength gains from week to week is a workout logbook.

Regardless of what type of workout plan you are currently using, whether it's a HIT program, high volume program or something in between, the ultimate deciding factor for making steady increases in muscle size is making steady increases in the amount of weight you are able to safely handle on all of your exercises.

In order to accomplish this as quickly and efficiently as possible, you absolutely must keep a written record of every single workout that you perform and then strive to improve on those numbers from week to week.

The workout log sheets below will allow you to track:

- Date & muscle groups trained
- Time & mood prior to workout
- Exercises performed
- Sets performed
- Weight used and reps executed
- Additional notes about each workout

Simply print off as many sheets as you need at a time, place them in a 3-ring binder and you'll be all set. (Click "file", then "print", then enter page number "3", and type in the number of copies you'd like)

# Weight Training Workout Log

<b>Day:</b>	
<b>Date:</b>	
<b>Time:</b>	
<b>Muscle Groups:</b>	
<b>Weight:</b>	
<b>Mood:</b>	

Exercise	Set#1		Set#2		Set#3		Set#4		Set#5	
	W	R	W	R	W	R	W	R	W	R
1)										
2)										
3)										
4)										
5)										
6)										
7)										
8)										
9)										
10)										
11)										
12)										
13)										
14)										
15)										

Workout Length: \_\_\_\_\_

Notes

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*Workout Logbook Brought To You By...*

# The Truth About Burning Fat

[www.HowToBurnFat.com](http://www.HowToBurnFat.com)



In a weight loss world dominated by marketing hype, false promises and gross exaggerations, "The Truth About Burning Fat" is your honest step-by-step guide for achieving a lean, attractive and healthy body without supplements, fad diets or bogus equipment of any kind.

This 261-page e-book covers the entire fat burning process from A to Z, detailing the principles behind proper nutrition, weight training, cardio, progress tracking and everything in between.

Along with the best-selling e-book, you'll also gain instant download access to a full collection of additional fat loss support modules and bonus items. This includes step-by-step workout plans, customized eating plans, progress tracking tools, mp3 audio courses, video lessons, product reviews and more.

The full package is known as "**The Real Deal Body Transformation System**" and was created by best-selling fitness author and fat loss expert, Sean Nalewanyj. The system is backed by a ton of dramatic before/after success stories and is endorsed by top experts in the fitness field.



If you're interested in learning how to burn fat and tone your muscles quickly, safely and permanently, click the link below for more details...

[Click Here For More Info](http://www.HowToBurnFat.com)

# The Truth About Building Muscle

[www.MuscleGainTruth.com](http://www.MuscleGainTruth.com)



Sean Nalewanyj is also the author and creator of "The Truth About Building Muscle", which teaches people how to maximize their muscle size and strength gains without drugs and by training for an average of just 24 minutes a day.

This 266-page e-book has been an online best-seller since 2005 and goes into great detail explaining the absolute best methods of training, eating and supplementing for the most explosive muscle building results possible.

This information-packed e-book also comes with a wide array of in-depth, exclusively developed bodybuilding tools. Included are a 26-week workout plan, video exercise database, meal plan collection, progress tracking software program, audio course, video module and much more.

Known as "**The Muscle Gain Truth No-Fail System**", this hugely popular program is supported by over 7 top muscle-building experts in the field, is ranked #1 on countless product review sites across the web and was even featured in a November issue of the prestigious New York Times.



If you'd like to learn how to have more muscle, strength and confidence than ever before, click the link below for more details...

[Click Here For More Info](http://www.MuscleGainTruth.com)

# The Muscle Building & Fat Loss Inner Circle

[www.FitnessInnerCircle.com](http://www.FitnessInnerCircle.com)



On top of his best-selling fat loss and muscle gain programs, Sean Nalewanyj is also the owner of the renowned "Muscle Building & Fat Loss Inner Circle"... A private, members-only bodybuilding and fat loss community open to anyone who is interested in living a fit, confident and healthy lifestyle.

The M.F.I.C combines cutting-edge tips and tricks from a team of renowned muscle building and fat loss experts... along with a detailed list of interactive applications that let you chat, make friends and share advice with thousands of fitness-oriented guys and gals from all over the world.

Along with learning advanced bodybuilding and fat loss techniques from our massive, regularly updated fitness library, you'll get to...

- Setup your own profile
- Upload your pictures and videos
- Share your goals and progress with other members
- Write blogs
- Browse other member profiles and add friends
- Send and receive instant messages
- Ask questions and share advice on the private forum
- Interact face-to-face with our video chat client
- And much more!

It's a full bodybuilding and fat loss community designed to keep you driven and motivated over the long haul... Your virtual home away from home!

[Click Here To Become An M.F.I.C Inner Circle Member](#)