**My Workout (Intermediate Bodyweight Workout)**

|  |  |  |  |
| --- | --- | --- | --- |
| **DAY:** | **DATE:** | **TIME:** | **am/pm** |
|  |  |  |  |
| **LENGTH OF WORKOUT:** | **WEIGHT:** |

In the white spaces below, fill in the number of reps you performed or how long you lasted in the exercise in a set.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **Set #1** | **Set #2** | **Set #3** | **Set #4** |
| **Pull-ups** |   |   |   |   |
| **Sprinter sit-ups** |   |   |   |   |
| **Wall sit** |   |   |   |   |
| **Tuck jump** |   |   |   |   |
| **Donkey kick** |   |   |   |   |

**Training and Nutrition Notes** (eg. Improvements, Pre & Post workout meals,etc)**:**