

AskTheTrainer.com - 4 Day Printable Workout Log											
Day 1			Day 2			Day 3			Day 4		
Warm / Up Flexibility			Warm / Up Flexibility			Warm / Up Flexibility			Warm / Up Flexibility		
Abs / Core Exercise			Abs / Core Exercise			Abs / Core Exercise			Abs / Core Exercise		
Primary Exercises	Reps	Weight	Primary Exercises	Reps	Weight	Primary Exercises	Reps	Weight	Primary Exercises	Reps	Weight
Secondary Exercises	Reps	Weight	Secondary Exercises	Reps	Weight	Secondary Exercises	Reps	Weight	Secondary Exercises	Reps	Weight
Cardio / Cooldown			Cardio / Cooldown			Cardio / Cooldown			Cardio / Cooldown		
Mode			Mode			Mode			Mode		
Time			Time			Time			Time		
Calories Burned			Calories Burned			Calories Burned			Calories Burned		