Res / Reps = Resistance / # of repitions

SWIMFIT WORKOUT LOG

MONTH:		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Exercise	Notes	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps	Res/ Reps