



RESISTANCE TRAINING LOG

NAME: _____

SLOT: _____

CARDIO EXERCISE	DATE					
Treadmill	TIME					
	SPEED					
Upright Bike	TIME					
	RESISTANCE					
Recumbent Bike	TIME					
	RESISTANCE					
Spin Bike	TIME					
	GEAR					
Rower	TIME					
	RESISTANCE					
Arc Trainer	TIME					
	RESISTANCE					