		R2I: Workout Log 2023	***WEIGHT:***		***DATE:***		***Day Of The Week:***				
☐	#	NAME OF EXERCISE	**REPS**	**WEIGHT**	**SET1**	**SET2**	**SET3**	**SET4**	**SET5**	**TIME:**	
☐	1	**TREADMIL/ RUNNING / CARDIO- 5K (3 MILES)**								**DISTANCE:**	
☐	2	**Push Ups Regular**	10								
☐	3	**Lat Pull Machine**	15								
☐	4	**Reverse Lat Rull Down**	15								
☐	5	**Seated Row Machine**	15								
☐	6	**Squats**	20								
☐	7	**Dumbbell Bicep Curls**	20								
☐	8	**Dumbbell Shoulder Press**	15								
☐	9	**Burpees**	10	BW							
☐	10	**Bench Press**	7								
☐	12	**Peck Fly Machine**	15								
☐	13	**Shoulder Press Machine**	15								
☐	14										
☐	15										
☐	16										
☐	17										
☐	18										
☐	19										
☐	20										