

# Training diary

<b>Date:</b>
<b>Weekday:</b>
<b>Weight:</b>

Info	
Repetitions	A repetition is the number of times an exercise is performed in a row before resting. We recommend between 8 to 12 repetitions (per set).
Variant	If an exercise has different variants: Easy / Difficult
Aids / Resistance band	If you used aids: Bottles / Resistance band (colour) / Mini band
Set	A set is the number of cycles of reps you complete.

Exercise		Set 1	Set 2	Set 3
	Repetition			
	Variant			
	Aids / Resistance band			
	Repetition			
	Variant			
	Aids / Resistance band			
	Repetition			
	Variant			
	Aids / Resistance band			
	Repetition			
	Variant			
	Aids / Resistance band			

