

CROSSFIT WORKOUT LOG

Area	Exercise	Equipment & Settings		Set #1		Set #2		Set #3	
		Name or No.	Seat	Pounds	Reps	Pounds	Reps	Pounds	Reps
Back	Lateral Pulldown								
	Seated Row								
	Rear Deltoid Fly								
	Prone Cobra/Back								
	Pull-ups								
Chest	Bench Press								
	Incline Chest Press								
	DB Chest Press								
	Push-ups								
Shoulders	Shoulder Press								
	Side Lateral Raise								
	Front Raise								
	Shrugs								
Legs	Squats								
	Leg Extension								
	Hamstring Curl								
	Lunge								
Triceps	Pressdowns								
	Kickbacks								
	Extensions								
Biceps	Standing Curls								
	Preacher Curls								
	Hammer Curls								
Core & Abs	Reverse Ab Curl								
	Bicycle-Elbow Knee								
	Prone Bridge								
	Torso Hold								
	Forward Ball Roll								
	Ball Crunches								