## BananaSplitSquats

## DATE: WORKOUT NAME:

TRAINING JOURNAL

	SET 1	SET 2	SET 3	SET 4	SET 5	
EXERCISE	WEIGHT	WEIGHT	WEIGHT	WEIGHT	WEIGHT	NOTES
	REPS	REPS	REPS	REPS	REPS	
CARDIO						
GARDIO						
OTHER						