

Date: Total Workout Time: Body Weight:

1 Set

Run - 1 Set

Target:

3.0 miles

Actual:

Time/Rest/Notes:

Superset - 4 Sets

Pushups - 4 Sets

Notes: perform each set to failure

Target:

AMRAP

AMRAP

AMRAP

AMRAP

Actual:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Time/Rest/Notes:

Inverted Rows - 4 Sets

Notes: perform each set to failure

Target:

AMRAP

AMRAP

AMRAP

AMRAP

Actual:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Time/Rest/Notes: