

# TRAINING LOGBOOK

## MACHINE MENTALITY

COACHING BY NEIL CURREY IFBBPRO

MUSCLE GROUP	WEIGH IN	DATE	DURATION
		/ /	

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5
	REPS					
	WEIGHT					
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CARDIO	TIME	LEVEL	DISTANCE	CALORIES
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2				
3				

WORK OUT SUMMARY

Bad 

Ok 

Good 

Great 

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