



VASA TRAINING LOG

DAY/DATE	(1) _/_			(2) _/_			(3) _/_			(4) _/_			(5) _/_			(6) _/_			(7) _/_			
EXERCISE	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	
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REPS = # OF REPETITIONS

SETS = # OF SETS

RES = RESISTANCE SETTING OR WEIGHTS