

Custom workout tracker

to log your training and create routines

The screenshot shows a smartphone screen with a custom workout tracker app. At the top, the status bar shows the time 9:10, signal strength, Wi-Fi, and battery. The app header has a back arrow, the title "Custom Workout", and a "Finish" button. Below the header, the workout name "Custom Workout" is displayed with an edit icon, and the timer shows "01:48" with a pause icon. The main section lists the exercise "1 Wide Iso Chest Press" with a menu icon. A table tracks the sets with columns for Set, Previous, lbs, Reps, and a completion status. Set 1 is completed with 100 lbs and 15 reps. Sets 2 and 3 are in progress with 110 lbs and 12 reps, and 120 lbs and 12 reps respectively. At the bottom, there are buttons for "+ Add Set", "+ Add Exercise", "Copy Previous Workout", and "Cancel Workout".

9:10

Custom Workout

Finish

Custom Workout

01:48

1 Wide Iso Chest Press

Set	Previous	lbs	Reps	
1	100 lb x 15	100	15	
2	110 lb x 12	110	12	
3	120 lb x 12	120	12	

Add Set

Add Exercise

Copy Previous Workout

Cancel Workout

Workout Plans Log

Rogue Plus Publishing

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Rogue Plus Publishing' text.

Workout Plans Log:

My Big Fitness Log 2014 - 2015 Randolph Watkins, 2013-07-01 Tracking your workout is a great way to keep yourself motivated and committed When you can see what you've done where you've been and where you are it becomes easier to stay motivated to go for that run go to the gym or simply go for a walk My Big Fitness Log 2014 2015 edition is a simple and easy to use log designed for any type of workout schedule Most other logs on the market are geared to a specific type of workout plan There are logs for weight lifting running calisthenics and so on The problem is many people combine different workout types running weights calisthenics etc My Big Fitness Log uses the Chart System to make it easy for you to track whatever exercises you prefer This version is an 8 5 x 11 is predated for 2014 2015 If you would like a non predated version please search for My Big Fitness Log Workout Plans Log Frances P. Robinson, 2014-10-21 The Workout Plans Log can chart most fitness activities no matter what type of workout you like to do Workouts shouldn't be complicated and your record keeping shouldn't be either Included in each chart you'll find simple measures such as Date Time Activity Hours Minutes Quantity Intensity Level Low Medium High Distance Before you begin start by setting goals On the Progress Report write in your current status what you hope to achieve and final results This worksheet provides a point of reference to help you reach your desired goals You have a place to record your desired goal and final results for the following Weight Blood Pressure Neck circumference Chest Waist Hip Upper Arm Thigh Calf Additional blank lines for other measures you desire to note That's it Record keeping in the Workout Plans Log can help you stay accountable to your routine so LET'S GET STARTED

Workout Log Book Rogue Plus Publishing, 2018-05-10 How many times have you walked into the gym without a clear plan of what you wanted to do Did you complete your last workout efficiently Or did you skip out on some exercises and sets because you simply weren't feeling it Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out early We want to help you have a better understanding at how you progress so we designed our Workout Journal to be USEFUL The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It's a great teaching tool With a workout journal you can track every session every set and every rep you do in the gym The journal can become a blueprint of what works for you STRAIGHTFORWARD AND EASY TO USE Keeping a detailed journal is a practice you'll be grateful for in the long run The more information you write down the more useful it will be In this Workout Journal you can record the following CARDIO Exercises Distance Time Calories Burned STRENGTH Upper Body Lower Body Abs Muscle Groups Exercises Sets Reps WEIGHT MEASUREMENT YOUR GOALS WEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise Simple and easy to use the pages are ready and waiting to be filled A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back a month or a year into the past and see that your toughest set back then is your first easy work set

now The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won't fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 120 pages to record your workout we only used thick white paper to avoid ink bleed through The lines and letters are clearly printed to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it's the perfect size to carry Handy and accessible it's a great companion during your gym workouts COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks Our Workout Log Book is great for keeping a log of your daily weekly exercise routine so you can track your progress Keep motivated exercise harder craft better goals and get better results with your training Pop it in your training bag and start a journal of what you are doing So get a copy now *Workout Log Book* Rogue Plus Publishing, 2018-05-11 How many times have you walked into the gym without a clear plan of what you wanted to do Did you complete your last workout efficiently Or did you skip out on some exercises and sets because you simply weren't feeling it Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out early We want to help you have a better understanding at how you progress so we designed our Workout Journal to be USEFUL The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It's a great teaching tool With a workout journal you can track every session every set and every rep you do in the gym The journal can become a blueprint of what works for you STRAIGHTFORWARD AND EASY TO USE Keeping a detailed journal is a practice you'll be grateful for in the long run The more information you write down the more useful it will be In this Workout Journal you can record the following CARDIO Exercises Distance Time Calories Burned STRENGTH Upper Body Lower Body Abs Muscle Groups Exercises Sets Reps WEIGHT MEASUREMENT YOUR GOALS WEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise Simple and easy to use the pages are ready and waiting to be filled A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back a month or a year into the past and see that your toughest set back then is your first easy work set now The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won't fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 120 pages to record your workout we only used thick white paper to avoid ink bleed through The lines and letters are clearly printed to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it's the perfect size to carry Handy and accessible it's a great companion during your gym workouts COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the

best writing experience with our notebooks Our Workout Log Book is great for keeping a log of your daily weekly exercise routine so you can track your progress Keep motivated exercise harder craft better goals and get better results with your training Pop it in your training bag and start a journal of what you are doing So get a copy now [The Ultimate Guide to Fitness: From Beginner to Advanced Workout Programs](#) Akash Gaikwad,2023-09-14 The Ultimate Guide to Fitness is a comprehensive resource that covers workout programs for individuals of all fitness levels from beginners to advanced athletes It offers a wide range of exercises nutrition tips and training techniques to help you achieve your fitness goals and improve your overall health Whether you re just starting your fitness journey or looking to take your workouts to the next level this guide has you covered *Fitness Log Book* Workout Log Book,2021-04-27 How many times have you walked into the gym without a clear plan of what you wanted to do Did you complete your last workout efficiently Or did you skip out on some exercises and sets because you simply weren t feeling it Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out early We want to help you have a better understanding at how you progress so we designed our Workout Journal to be USEFUL The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It s a great teaching tool With a workout journal you can track every session every set and every rep you do in the gym The journal can become a blueprint of what works for you STRAIGHTFORWARD AND EASY TO USE Keeping a detailed journal is a practice you ll be grateful for in the long run The more information you write down the more useful it will be In this Workout Journal you can record the following CARDIO Exercises Distance Time Calories Burned STRENGTH Upper Body Lower Body Abs Muscle Groups Exercises Sets Reps WEIGHT MEASUREMENT YOUR GOALS WEEKLY PROGRESS CHART This book is also the perfect gift for anybody with a passion for exercise Simple and easy to use the pages are ready and waiting to be filled A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back a month or a year into the past and see that your toughest set back then is your first easy work set now The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 120 pages to record your workout we only used thick white paper to avoid ink bleed through The lines and letters are clearly printed to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect size to carry Handy and accessible it s a great companion during your gym workouts COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks Our Workout Log Book is great for keeping a log of your daily weekly exercise routine so you can track your progress Keep motivated exercise harder craft better goals and get better results with your

training Pop it in your training bag and start a journal of what you are doing So get a copy now **Workout Log Book**
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Easy Running Plans Jeff Gaudette, 2025-06-17 Hit the ground running with this easy total body training guide Whether you're a weekend runner looking to get in better shape or a road warrior aiming to tackle your first marathon Easy Running Plans has something for you Throughout this book you'll learn the most effective stretching routines strength workouts and technique drills for runners culminating in seven easy to follow running plans Whatever your goal may be these plans will help you get there And with the total body approach you'll not only get the most out of your runs but acquire the skills necessary to keep injuries at bay Easy Running Plans contains the following Lace up Choose the training schedule that best suits your needs whether you're looking to make steady gains or have your sights set on a 5k 10k half marathon or marathon Study up Learn the fundamentals of proper running form stride injury prevention and recovery Speed up Improve your speed strength and endurance with detailed illustrations depicting over 40 stretches exercises and drills all of which can be performed at home with little to no equipment When you're ready to elevate your running game pick up a copy of this book and get moving

[The Men's Health Hard Body Plan](#) The Editors of Men's Health, 2000-11-18 A program designed to help men obtain health and fitness contains twelve week exercise and weight lifting plans menus and recipes to implement into a diet plan and information on energy bars and vitamins

Triathlete Magazine's Essential Week-by-Week Training Guide Matt Fitzgerald, 2009-11-29 From Triathlete magazine the most popular source for triathlete information comes an essential guidebook of weekly training plans for all skill levels As popular as the swim bike run sport has become in recent years triathlon training remains a daunting physical and mental challenge From short sprints to Olympic distance events this guide from Triathlete magazine provides athletes with different plans for every skill level and shows them how to build up their training to reach their ultimate goal Good humored narrative text accompanies detailed workout schedules guidelines weekly goals and coaching tips Including off season training advice and photo illustrated stretches and exercises

this is the book triathletes need to stay at the top of their game **Strength Training for Women** Cupido A.I. Saage,2025-06-13 Discover the transformative power of strength training specifically designed for women with this comprehensive guide to weight training and resistance exercises This practical resource bridges the gap between scientific knowledge and practical application making strength training accessible to women of all fitness levels The book begins by addressing the physiological aspects unique to women including hormonal considerations and their impact on muscle development You ll learn why the common fear of bulking up is largely unfounded and how strength training actually helps women develop lean defined muscles while boosting metabolism Whether you re training at home or in a gym you ll find detailed guidance on selecting appropriate equipment from bodyweight exercises to resistance bands dumbbells and barbells The book presents a variety of training methods including bodyweight resistance free weights and circuit training approaches that can be adapted to your specific circumstances For beginners the step by step training plans provide a solid foundation in proper form and technique with careful attention to load management and recovery periods More experienced lifters will benefit from advanced programming strategies including periodization split routines and intensity techniques to overcome plateaus The extensive exercise catalog covers targeted muscle development for all body regions upper body workouts for chest back shoulders and arms lower body exercises focusing on glutes and thighs and effective core training beyond traditional sit ups Each exercise includes clear instructions and progression options Home based training receives special attention with equipment free workout protocols dumbbell programs for limited spaces and creative alternatives using household items when traditional equipment isn t available Complementary sections address crucial factors for optimal results including protein requirements for women s muscle development energy balance considerations recovery strategies and techniques for maintaining motivation and consistency This practical guide empowers women to embrace weight training with confidence providing the knowledge and tools to build strength enhance physique and improve overall health through effective resistance training For this book we relied on innovative technologies including Artificial Intelligence and tailor made software solutions These supported us in numerous process steps brainstorming and research writing and editing quality assurance as well as the creation of decorative illustrations We aim to provide you with a reading experience that is particularly harmonious and contemporary **Workout Log Book** Rogue Plus Publishing,2018-05-10 How many times have you walked into the gym without a clear plan of what you wanted to do Did you complete your last workout efficiently Or did you skip out on some exercises and sets because you simply weren t feeling it Having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out early We want to help you have a better understanding at how you progress so we designed our Workout Journal to be USEFUL The workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner It s a great teaching tool With a workout journal you can

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lose the weight rediscover the thrill and welcome challenges of bicycling With delicious nutritional information tips training plans and core strengthening exercises readers will see the pounds melt off while having the time of their lives With **Bike Your Butt Off** the synergy of weight loss and cycling has never been easier to adopt Author Selene Yeager guides the beginning cyclist through exercises goals and techniques in order to lose the weight and nourish a love for cycling With the economic climate in this country cycling is enjoying its renaissance as people by the millions are turning to this iconic pastime in this country Along with the weight epidemic these two movements go hand in hand in helping each other lose the pounds and rediscover this enjoyable nostalgic activity with more than 57 million people in the United States alone who use bicycles regularly With weight loss fat loss goals Yeager highlights fat burning and heart pumping exercises to help maximize one's workout along with nutritionist Leslie Bonci's health expertise Whether the reader has just a little bit of weight to lose or really quite a lot **Bike Your Butt Off** will help him or her to meet their weight loss goals in no time thanks to its expert tested food and exercise plans

Exercise Variations Mira Skylark, AI, 2025-03-17 **Exercise Variations** explores the importance of incorporating all four fundamental exercise types aerobic anaerobic flexibility and strength training into a comprehensive fitness regimen A key insight is that a balanced approach is superior to focusing on just one type maximizing overall fitness gains while reducing injury risks For example neglecting flexibility training can limit range of motion and increase the potential for strains while skipping strength training can hinder muscle development and metabolic rate The book uniquely emphasizes practical application offering detailed exercise descriptions sample workout plans and personalized modifications It progresses from foundational exercise physiology to exploring various exercises within each category Aerobic training covers continuous interval and fartlek methods anaerobic delves into high intensity activities flexibility explores static dynamic and PNF stretching and strength training examines resistance techniques The book culminates in integrating these types into personalized plans and real world applications for diverse populations This guide empowers fitness enthusiasts athletes and healthcare professionals alike to design effective exercise programs The approach is conversational yet informative making complex concepts accessible By understanding the synergistic effects of varied exercises readers can optimize their physical well being manage health conditions and enhance overall quality of life

Heart Education Deve Swaim, 2012-08-02 The e book format allows readers to bookmark highlight and take notes throughout the text When purchased through the HK site access to the e book is immediately granted when your order is received

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Workout Plans Log Introduction

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