



# Whitewater Fitness Workout Log

Cardio

Resistance Training

Date Exercises Minutes / Distance Exercises Muscle Groups Reps / Sets

	Date	Exercises	Minutes / Distance	Exercises	Muscle Groups	Reps / Sets
1						
2						
3						
4						
5						
6						
7						
8						
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28						
29						
30						
31						

**Totals:**