LIFTLOGGR · WORKOUT LOG

Workout log

DATE _____ WORKOUT _____ START _____ END _____ kg

EXERCISE _____

TARGET _____ sets × reps · RIR LAST TIME _____

SET	TYPE	WEIGHT KG	REPS	RIR	✓
1					
2					
3					
4					
5					

EXERCISE _____

TARGET _____ sets × reps · RIR LAST TIME _____

SET	TYPE	WEIGHT KG	REPS	RIR	✓
1					
2					
3					
4					
5					

EXERCISE _____

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1					
2					
3					
4					
5					

NOTES

Type W warm-up · D drop set · A1/A2 superset. **RIR** reps you could still have done (0 = failure); leave blank if you don't track it. Print this page as often as you need.

Progress

Once a week, copy the best set of each main lift here. **kg**

LIFT _____ GOAL _____

WK	DATE	WEIGHT KG	REPS	E1RM	NOTE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

LIFT _____ GOAL _____

WK	DATE	WEIGHT KG	REPS	E1RM	NOTE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

LIFT _____ GOAL _____

WK	DATE	WEIGHT KG	REPS	E1RM	NOTE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

LIFT _____ GOAL _____

WK	DATE	WEIGHT KG	REPS	E1RM	NOTE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

E1RM = WEIGHT × MULTIPLIER FOR THE REPS (BRZYCKI, THE FORMULA LIFTLOGGR USES; NO ESTIMATE ABOVE 12 REPS)

REPS	1	2	3	4	5	6	7	8	9	10	11	12
× WEIGHT	1.000	1.029	1.059	1.091	1.125	1.161	1.200	1.241	1.286	1.333	1.385	1.440

Example: 100 kg × 5 → 100 × 1.125 = 112.5 kg. Warm-ups never count.

HOW TO USE THIS LOG

1. Before the session, write last time's weight and reps beside each exercise.
2. Log every set as you finish it: weight, reps, and RIR if you track it. Mark warm-ups W.
3. Every working set at the top of the rep range? Add the smallest jump next session: 2.5 kg or 5 lb on a barbell.
4. Once a week, copy your best set of each main lift onto this page and work out the e1RM. Rising e1RM = getting stronger.