

Kova Workout Log

Record each working set while the details are still accurate.

DATE _____ SESSION / ROUTINE _____ READINESS 1-5 _____ BODYWEIGHT (OPTIONAL) _____

SET CELLS: write load x reps, for example 185 x 5. Use the same lb or kg unit all session.

Exercise	Set 1	Set 2	Set 3	Set 4	RIR	Notes

SESSION REVIEW

BEST SET OR PR

EXERCISE TO REPEAT OR HOLD

NEXT-SESSION TARGET

NOTES