Rock Prodigy Training Log

Hangboard Routine						Resistance Tracking									
Exercise	**Grip**	**Set**	**Reps**	**Resistance**	**Set Time**	**Workout 1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
1		1	7	Baseline	67 s										
					3 min rest										
		2	6	B + 10	57 s										
					3 min rest										
		3	5	B + 20	47 s										
					3 min rest										
2		1	7	Baseline	67 s										
					3 min rest										
		2	6	B + 10	57 s										
					3 min rest										
		3	5	B + 20	47 s										
					3 min rest										
3		1	7	Baseline	67 s										
					3 min rest										
		2	6	B + 10	57 s										
					3 min rest										
		3	5	B + 20	47 s										
					3 min rest										
4		1	7	Baseline	67 s										
					3 min rest										
		2	6	B + 10	57 s										
					3 min rest										
		3	5	B + 20	47 s										
					3 min rest										
5		1	7	Baseline	67 s										
					3 min rest										
		2	6	B + 10	57 s										
					3 min rest										
		3	5	B + 20	47 s										
					3 min rest										
6		1	7	Baseline	67 s										
					3 min rest										
		2	6	B + 10	57 s										
					3 min rest										
		3	5	B + 20	47 s										
					3 min rest										
7		1	7	Baseline	67 s										
					3 min rest										
		2	6	B + 10	57 s										
					3 min rest										
		3	5	B + 20	47 s										
					3 min rest										