

Campusing Log sheet, (by Hans Florine) Date: _____

position of **left hand** Notes: notes:
 Circle right hand **stationary** use of foot, G
 size of relative to left **-right hand moves-** date done, A
 rung start(low) end (high) reps or other P

Check off progress version

position of **right hand** Notes: notes:
 Circle left hand **stationary** use of foot, G
 size of relative to right **-left hand moves-** date done, A
 rung start(low) end (high) reps or other P

S M L	-1	0			1	S M L	-1	0			1
S M L	0	+1			1	S M L	0	+1			1
S M L	-2	0			2	S M L	-2	0			2
S M L	-1	+1			2	S M L	-1	+1			2
S M L	-2	+1			3	S M L	-2	+1			3
S M L	+1	+2			1	S M L	+1	+2			1
S M L	0	+2			2	S M L	0	+2			2
S M L	-1	+2			3	S M L	-1	+2			3
S M L	+2	+3			1	S M L	+2	+3			1
S M L	-3	0			3	S M L	-3	0			3
S M L	+1	+3			2	S M L	+1	+3			2
S M L	-3	+1			4	S M L	-3	+1			4
S M L	-2	+2			4	S M L	-2	+2			4
S M L	-3	+2			5	S M L	-3	+2			5
S M L	0	+3			3	S M L	0	+3			3
S M L	-1	+3			4	S M L	-1	+3			4
S M L	-2	+3			5	S M L	-2	+3			5
S M L	+3	+4			1	S M L	+3	+4			1
S M L	+2	+4			2	S M L	+2	+4			2
S M L	+1	+4			3	S M L	+1	+4			3
S M L	-4	+1			5	S M L	-4	+1			5
S M L	+4	+5			1	S M L	+4	+5			1
S M L	+3	+5			2	S M L	+3	+5			2
S M L	+2	+5			3	S M L	+2	+5			3
S M L	0	+3.5			3.5	S M L	0	+3.5			3.5
S M L	0	+4			4	S M L	0	+4			4
S M L	-1	+3.5			4.5	S M L	-1	+3.5			4.5
S M L	0	+4.5			4.5	S M L	0	+4.5			4.5
S M L	-1	+4			5	S M L	-1	+4			5
S M L	-3	+3			6	S M L	-3	+3			6
S M L	-2	+4			6	S M L	-2	+4			6
S M L	0	+5			5	S M L	0	+5			5
S M L	-1	+5			6	S M L	-1	+5			6
S M L	-4	+2			6	S M L	-4	+2			6
S M L	+1	+5			4	S M L	+1	+5			4
S M L	+3	+6			3	S M L	+3	+6			3
S M L	+2	+6			4	S M L	+2	+6			4
S M L	+4	+7			3	S M L	+4	+7			3
S M L	+3	+7			4	S M L	+3	+7			4
S M L	-4	+3			7	S M L	-4	+3			7
S M L	-5	+2			7	S M L	-5	+2			7
S M L	-3	+4			7	S M L	-3	+4			7
S M L	-2	+5			7	S M L	-2	+5			7
S M L	-5	+3			8	S M L	-5	+3			8
S M L	-4	+4			8	S M L	-4	+4			8
S M L	-3	+5			8	S M L	-3	+5			8

for other workout sheets or blanks of this sheet: <http://fitnessrank.com/workoutsheets>

email hans@fitnessrank.com if you have questions on how to use this log sheet.



Vers
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