

Uphill Athlete
Recruitment Fingerboarding Log



Date: _____
Temp / Humidity: _____

Workout #: _____
Weight: _____

Grip: _____ **Rep / Rest Duration:** _____ **Notes:** _____
Set #: *Resistance:* _____ *# Reps:* _____ *Comments:* _____ *Next WO: + / - / =* _____
1 _____
2 _____
3 _____

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