

Uphill Athlete  
Recruitment Fingerboarding Log



Date: \_\_\_\_\_  
Temp / Humidity: \_\_\_\_\_

Workout #: \_\_\_\_\_  
Weight: \_\_\_\_\_

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

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

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3 \_\_\_\_\_

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2 \_\_\_\_\_  
3 \_\_\_\_\_