COUNTER APP — TALLY & CLICKER · PRINTABLE SHEET

Gym Set & Rep Log by Muscle Group

One session per sheet, grouped so weekly volume is easy to add up

HOW TO USE

1. Write each exercise under the muscle group it mainly trains, with the weight used.
2. Write the reps done in each set. Count only full-range reps.
3. Total reps = sum of the sets. For weekly volume, count the filled set boxes per muscle group across your sheets.

Name _____ Date _____

Session / plan _____ Body weight (optional) _____

Exercise	Weight	Set 1	Set 2	Set 3	Set 4	Set 5	Total reps	Note (tempo, RPE, pain)
CHEST								
BACK								
SHOULDERS								
LEGS & GLUTES								
ARMS								
CORE								

counterapp.online — the app version of this sheet. In the app, volume-key counting (off by default) lets you count reps without touching the screen.

Guide: counterapp.online/articles/fitness-gym/workout-tracking-counter-app-android/

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