Evilcyber's Home Beginner Workout				
Date / Exercise	Push-Ups	Pull-Ups	Lunges	Crunches

- Under the date column write down on what date you did the exercises, eg. March 5, 2012.
- Under the exercise columns write down how many reps in each set you did, eg. 12 / 10 / 9.
 If you used weight, also include how much weight you used.