Name:

Program:

Exercise	Date:		Date:		Date:		Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

NOTES:

Name:

Program:

Exercise	Date:		Date:		Date:		Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight

NOTES: