

Member Name:	
Instructor	
Starting Date:	

W=Weight R=Repetition S=Sets

Exercise/Date																				
		W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	W	R	S	
Back	Lat Pulldown																			
	Seated Row																			
	Pull Over																			
	Hyperextension																			
Shoulders	Alternate Db Press																			
	Db Front Raise																			
	Db Lateral Raise																			
	Upright Row																			
	Shoulder Press																			
Chest	Bench Press																			
	Incline Press																			
	Decline Press																			
	Pectoral Fly																			
Triceps	Triceps Extension																			
	Tri Push Down																			
	Seated Triceps																			
Biceps	Alternate Db Press																			
	Concentration DB Curl																			
	Incline Bar Curl																			
Legs	Leg Press																			
	Leg Extension																			
	Leg Curl																			
	Calves																			

- Db = Dumbells
- Abdominal exercises can be done daily, 2 sets/ 15 crunch and 2 sets/ 15 reverse crunch