FITNESS CENTER

Workout Log



Last Na	First Name:										
		Month Day									/
Adjustments	Exercise/Body Part	SET	Reps. Weight								
Seat Chest		1									
		2									
Legs Back		3									
Seat Chest		1									
		2									
Legs Back		3									
Seat Chest		1									\geq
		2									
Legs Back		3									
Seat Chest		1									\angle
		2		\sim				\sim			\nearrow
Legs Back		3									
Seat Chest		1									\square
		2						\leq			\leq
Legs Back		3									
Seat Chest		1		\leq	\leq	\leq		\leq		\leq	\angle
		2		\leq	\leq	\leq		\leq	\leq	\leq	\angle
Legs Back		3									\angle
Seat Chest		1		\leq	\leq	\leq		\leq	\leq	\leq	\angle
		2		\leq	\angle						
Legs Back Seat Chest		3					\leq		\leq	\leq	
Seat		1		\leq	\angle						
		2		\leq	\angle						
Legs Back		3			\leq						
Seat Chest		1		\leq	\angle						
		2					\leq		\leq		
Legs Back Seat Chest		3									
Seat Chest		1					\leq				
		2					\leq				
Legs Back Seat Chest		3									
		1									
		2									
Legs Back Seat Chest		3									
		1									
		2									
Legs Back Seat Chest	• ••	3									
	Cardio	1									
		2									
Legs Back Seat Chest		3									
		1									
		2									

Legs	Back	3						
Seat	Chest	1						
		2						
Legs	Back	3						
Seat	Chest	1						
		2						
Legs	Back	3						
Seat	Chest	1						
		2						
Legs	Back	3						
Seat	Chest	1						
		2						
Legs	Back	3						
Seat	Chest	1						
		2						
Legs	Back	3						
Seat	Chest	1						
		2	\leq			\leq		
Legs	Back	3						
Seat	Chest	1	\leq			\leq		
		2	\leq			\leq		
Legs	Back	3						
Seat	Chest	1	\leq	\leq		\leq	\leq	
		2	\leq			\leq		
Legs	Back	3	\leq			\leq		
Seat	Chest	1	\leq			\leq		
		2	\leq			\leq		
Legs	Back	3						
Seat	Chest	1	\leq			\leq		
		2	\leq			\leq		
Legs Seat	Back Chest	3	\leq					
Coat	Gilbar	1	\leq		\leq	\leq		
		2	\leq			\leq		
Legs Seat	Back Chest	3						
Cour	CIICOL	1	\leq					
		2						
Legs Seat	Back Chest	3						
		1	\leq			\leq		
		2	\leq			\leq		
Legs	Back	3						