

Date:																		
Time:																		
	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Chest	Chest Press M/C																	
	Chest Press M/C																	
	Chest Press M/C																	
	Pectoral Flyes M/C																	
	Pectoral Flyes M/C																	
	Pectoral Flyes M/C																	
Back	Cable Rows M/C																	
	Cable Rows M/C																	
	Cable Rows M/C																	
	Wide Grip Lat Pulldowns M/C																	
	Wide Grip Lat Pulldowns M/C																	
	Wide Grip Lat Pulldowns M/C																	
Shoulders	Shoulder Press M/C																	
	Shoulder Press M/C																	
	Shoulder Press M/C																	
	Cable Cross Shoulder Raise M/C *																	
	Cable Cross Shoulder Raise M/C *																	
	Cable Cross Shoulder Raise M/C *																	
Biceps	Curl M/C																	
	Curl M/C																	
	Curl M/C																	
	Cable M/C Curls																	
	Cable M/C Curls																	
	Cable M/C Curls																	
Triceps	Seated Dips M/C																	
	Seated Dips M/C																	
	Seated Dips M/C																	
	Triceps Extension M/C																	
	Triceps Extension M/C																	
	Triceps Extension M/C																	

Date:																		
Time:																		
	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Chest	Pectoral Flyes M/C																	
	Pectoral Flyes M/C																	
	Pectoral Flyes M/C																	
	Chest Press M/C																	
	Chest Press M/C																	
	Chest Press M/C																	
Back	Wide Grip Lat Pulldowns M/C																	
	Wide Grip Lat Pulldowns M/C																	
	Wide Grip Lat Pulldowns M/C																	
	Rear Deltoid M/C																	
	Rear Deltoid M/C																	
	Rear Deltoid M/C																	
Shoulders	Lateral Raise M/C																	
	Lateral Raise M/C																	
	Lateral Raise M/C																	
	Upright BB Rows																	
	Upright BB Rows																	
	Upright BB Rows																	
Biceps	Cable M/C Curls																	
	Cable M/C Curls																	
	Cable M/C Curls																	
	Curl M/C																	
	Curl M/C																	
	Curl M/C																	
Triceps	Cable M/C Rope Pushdowns																	
	Cable M/C Rope Pushdowns																	
	Cable M/C Rope Pushdowns																	
	Dip Assist M/C																	
	Dip Assist M/C																	
	Dip Assist M/C																	

Date:																		
Time:																		
	Exercise	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
Chest	Pec Fly M/C																	
	Pec Fly M/C																	
	Pec Fly M/C																	
	Chest Press M/C																	
	Chest Press M/C																	
	Chest Press M/C																	
Back	Chin Ups Assist M/C																	
	Chin Ups Assist M/C																	
	Chin Ups Assist M/C																	
	Rear Deltoid M/C																	
	Rear Deltoid M/C																	
	Rear Deltoid M/C																	
Shoulders	Lateral Raise M/C																	
	Lateral Raise M/C																	
	Lateral Raise M/C																	
	Shoulder Press M/C																	
	Shoulder Press M/C																	
	Shoulder Press M/C																	
Biceps	Incline Bicep DB Curl																	
	Incline Bicep DB Curl																	
	Incline Bicep DB Curl																	
	DB Hammer Curl																	
	DB Hammer Curl																	
	DB Hammer Curl																	
Triceps	Dip Assist M/C																	
	Dip Assist M/C																	
	Dip Assist M/C																	
	Cable M/C Rope Pushdowns																	
	Cable M/C Rope Pushdowns																	
	Cable M/C Rope Pushdowns																	

Date:																		
Time:																		
	Exercise	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
Chest	DB Bench Press																	
	DB Bench Press																	
	DB Bench Press																	
	DB Incline Bench Press																	
	DB Incline Bench Press																	
	DB Incline Bench Press																	
Back	Diverging Lat Pulldown M/C																	
	Diverging Lat Pulldown M/C																	
	Diverging Lat Pulldown M/C																	
	Rear Deltoid M/C																	
	Rear Deltoid M/C																	
	Rear Deltoid M/C																	
Shoulders	Seated DB Shoulder Raises																	
	Seated DB Shoulder Raises																	
	Seated DB Shoulder Raises																	
	Shoulder Press M/C																	
	Shoulder Press M/C																	
	Shoulder Press M/C																	
Biceps	Curl M/C																	
	Curl M/C																	
	Curl M/C																	
	Incline Bicep DB Curl																	
	Incline Bicep DB Curl																	
	Incline Bicep DB Curl																	
Triceps	Cable M/C Rope Pushdowns																	
	Cable M/C Rope Pushdowns																	
	Cable M/C Rope Pushdowns																	
	Triceps Extension M/C																	
	Triceps Extension M/C																	
	Triceps Extension M/C																	

Date:																	
Calories:																	
	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Chest	Chest Press M/C																
	Chest Press M/C																
	Chest Press M/C																
	Pectoral Flyes M/C																
	Pectoral Flyes M/C																
	Pectoral Flyes M/C																
Back	Cable Rows M/C																
	Cable Rows M/C																
	Cable Rows M/C																
	Wide Grip Lat Pulldowns M/C																
	Wide Grip Lat Pulldowns M/C																
	Wide Grip Lat Pulldowns M/C																
Shoulders	Shoulder Press M/C																
	Shoulder Press M/C																
	Shoulder Press M/C																
	Lateral Raise M/C																
	Lateral Raise M/C																
	Lateral Raise M/C																
Biceps	Curl M/C																
	Curl M/C																
	Curl M/C																
	Cable M/C Curls																
	Cable M/C Curls																
	Cable M/C Curls																
Triceps	Seated Dips M/C																
	Seated Dips M/C																
	Seated Dips M/C																
	Triceps Extension M/C																
	Triceps Extension M/C																
	Triceps Extension M/C																

Date:																		
Time:																		
	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Quads	Seated Leg Extension M/C																	
	Seated Leg Extension M/C																	
	Seated Leg Extension M/C																	
	Leg Press M/C																	
	Leg Press M/C																	
	Leg Press M/C																	
Hamstrings	Prone Leg Curls M/C																	
	Prone Leg Curls M/C																	
	Prone Leg Curls M/C																	
	Leg Curls M/C																	
	Leg Curls M/C																	
	Leg Curls M/C																	
Calves	Calf Raises M/C																	
	Calf Raises M/C																	
	Calf Raises M/C																	
	Calf Press on Leg Press M/C																	
	Calf Press on Leg Press M/C																	
	Calf Press on Leg Press M/C																	
Lower Back	Lower Back M/C																	
	Lower Back M/C																	
	Lower Back M/C																	
Abs	Cable M/C Russian Twist																	
	Cable M/C Russian Twist																	
	Cable M/C Russian Twist																	
	Abdominal Crunch M/C																	
	Abdominal Crunch M/C																	
	Abdominal Crunch M/C																	

Date:																		
Time:																		
	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Quads	Seated Leg Extension M/C																	
	Seated Leg Extension M/C																	
	Seated Leg Extension M/C																	
	Leg Press M/C																	
	Leg Press M/C																	
	Leg Press M/C																	
Hamstrings	Prone Leg Curls M/C																	
	Prone Leg Curls M/C																	
	Prone Leg Curls M/C																	
	Leg Curls M/C																	
	Leg Curls M/C																	
	Leg Curls M/C																	
Calves	Calf Raises M/C																	
	Calf Raises M/C																	
	Calf Raises M/C																	
	Calf Press on Leg Press M/C																	
	Calf Press on Leg Press M/C																	
	Calf Press on Leg Press M/C																	
Lower Back	Lower Back M/C																	
	Lower Back M/C																	
	Lower Back M/C																	
Abs	Abdominal Crunch M/C																	
	Abdominal Crunch M/C																	
	Abdominal Crunch M/C																	
	Planks																	
	Planks																	
	Planks																	

Date:																		
Time:																		
	Exercise	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
Quads	KB Front Squat																	
	KB Front Squat																	
	KB Front Squat																	
	DB Bulgarian Split Squats																	
	DB Bulgarian Split Squats																	
	DB Bulgarian Split Squats																	
Hamstrings	DB Deadlifts																	
	DB Deadlifts																	
	DB Deadlifts																	
	KB Swings																	
	KB Swings																	
	KB Swings																	
Calves	Calf Press on Leg Press M/C																	
	Calf Press on Leg Press M/C																	
	Calf Press on Leg Press M/C																	
	Standing DB Calf Raises																	
	Standing DB Calf Raises																	
	Standing DB Calf Raises																	
Lower Back	Lower Back M/C																	
	Lower Back M/C																	
	Lower Back M/C																	
Abs	Leg Lifts																	
	Leg Lifts																	
	Leg Lifts																	
	Planks																	
	Planks																	
	Planks																	