



DATE:		WEE	K:	DAY:							
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART		WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.			_		_					_	
5.											





DATE:		WEE	K:								
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART	WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											





DATE:		WEE	K:	DAY:							
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART		WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.					_					_	
5.											





DATE:		WEE	K:								
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART	WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											





DATE:		WEE	K:	DAY:							
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART		WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.					_					_	
5.											





DATE:		WEE	K:								
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART	WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											





DATE:		WEE	K:	DAY:							
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART		WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.					_					_	
5.											





DATE:		WEE	K:								
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART	WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											





DATE:		WEE	K:	DAY:							
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART		WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.					_					_	
5.											





DATE:		WEE	K:								
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART	WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											





DATE:		WEE	K:	DAY:							
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART		WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.					_					_	
5.											





DATE:		WEE	K:								
EXERC	ISES	SET	1	SET	2	SET	3	SET	4	SET	5
BODYPART	WEIGHT REPS		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
1.											
2.											
3.											
4.											
5.											
BODYPART		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
1.											
2.											
3.											
4.											
5.											