

Name  WK

Equipment

**A B**

**A B**

**A B**

Exercise/Machine	Sets	Reps	Weight

Exercise/Machine	Sets	Reps	Weight

Exercise/Machine	Sets	Reps	Weight

Aerobic	Mins	Level	Incline

Aerobic	Mins	Level	Incline

Aerobic	Mins	Level	Incline

Notes:

Notes:

Notes: