## Weight Training Chart with Nautilus NITRO Name: _____

| # | Date: > | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Machine | Settings | | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps | Wt | Reps |
| | Warm-Up | | | | | | | | | | | | | | | | |
| 1 | Leg Press | | | | | | | | | | | | | | | | |
| 2 | Prone Leg Curl | | | | | | | | | | | | | | | | |
| 3 | Leg Extension | | | | | | | | | | | | | | | | |
| 4 | Vertical Chest | | | | | | | | | | | | | | | | |
| 5 | Lat Pulldown | | | | | | | | | | | | | | | | |
| 6 | Pec Fly | | | | | | | | | | | | | | | | |
| 7 | Compound Row | | | | | | | | | | | | | | | | |
| 8 | Overhead Press | | | | | | | | | | | | | | | | |
| 9 | Bicep Curl | | | | | | | | | | | | | | | | |
| 10 | Seated Dip | | | | | | | | | | | | | | | | |
| 11 | Low Back | | | | | | | | | | | | | | | | |