CARDIO UPPER BODY LOWER BODY CORE FLEXIBILITY REHAB ETC RES  DATE: TOTAL WORKOUT TIME:  MUSCLE GROUP:  RESISTANCE TRAINING SET: 1 SET: 2 SET: 3 SET: 4 SET: 5  EXERCISE WEIGHT REPS WEIGHT REPS WEIGHT REPS WEIGHT REPS WEIGHT REPS  CARDIO:  EXERCISE DUBATION SPEED DISTANCE	WORKOU1	Γ LO	G		GOALS:							
MUSCLE GROUP:  RESISTANCE TRAINING SET: 1 SET: 2 SET: 3 SET: 4 SET: 5  EXERCISE WEIGHT REPS WEIGHT REPS WEIGHT REPS WEIGHT REPS WEIGHT REPS  CARDIO:	CARDIO UPPER BODY	Low	ER BODY		ORE	FLEX	BILITY	REH	АВ	ЕТС	REST	
RESISTANCE TRAINING SET: 1 SET: 2 SET: 3 SET: 4 SET: 5  EXERCISE WEIGHT REPS WEIGHT REPS WEIGHT REPS WEIGHT REPS WEIGHT REPS  CARDIO:	DATE:				TOTAL WORKOUT TIME:							
EXERCISE WEIGHT REPS WEIGHT RE	MUSCLE GROUP:											
CARDIO:	RESISTANCE TRAINING	SET: 1		SET: 2		SET: 3		SET: 4		SET: 5		
	EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	
EXERCISE DURATION SPEED DISTANCE	CARDIO:											
	EXERCISE	0		SPEED				DISTANCE				