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					-

Date

End Time

	<b>_</b>  a			
Upper Body				
Muscle	Exercise	Weight	# of Reps	Notes
Muscle	Exercise	Weight	# Of Reps	Notes
Chest				
Back				
Shoulders				
Biceps				
500				
Triceps				
A STATE OF THE STA				
Lower Body				
Muscle	Exercise	Weight	# of Reps	Notes
Quads				
Hamstrings				
Calves				
Abs				
ADS				