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																