Date: \_\_\_\_\_

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
	Reps:	Reps:	Reps:	Reps:	Reps:	Reps: