	Date:	Equip & Settings		SET 1		SET 2		SET 3	
	Exercise	Name or #	Seat	Lbs	Reps	Lbs	Reps	Lbs	Reps
CHEST	Bench press								
	Incline Chest Press								
	DB Chest Press								
	Push-ups								
BACK	Lat. Pulldown								
	Seated Row								
	Rear Deltoid Fly								
	Prone Cobra/Back								
	Pull-ups								
LEGS	Squats								
	Leg Extension								
	Hamstring Curl								
	Lunge								
SHOULDERS	Shoulder Press								
	Side Lateral Raise								
	Front Raise								
	Shrugs								
BICEPS	Standing Curls								
	Preacher Curls								
	Hammer Curls								
TRICEPS	Pressdowns								
	Kickbacks								
	Extensions								
ABS & CORE	Reverse Ab Curl								
	Bicycle-Elbow Knee								
	Prone Bridge								
	Torso Hold								
	Forward Ball Roll								
	Ball Crunches								