

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	
1	Date																											
2	Weight																											
3	Legs	M Leg Curl																										
4		M Leg Ext																										
5		B Squat																										
6		M Leg Press																										
7		M Calf Raise																										
8		Seated Calf Raise																										
9		B Deadlift																										
10																												
11																												
12		Back	B Bent-over Row																									
13	M Cable Row																											
14	Chinup																											
15	M Lat Pulldown																											
16	B Shrug																											
17	Trunk Extension																											
18																												