

<u>Date</u>	<u>Exercise 1</u>	<u>Exercise 2</u>	<u>Exercise 3</u>	<u>Exercise 4</u>	<u>Exercise 5</u>	<u>Exercise 6</u>
	Machine	Machine	Machine	Machine	Machine	Machine
	Reps	Reps	Reps	Reps	Reps	Reps
	Sets	Sets	Sets	Sets	Sets	Sets
	Weight	Weight	Weight	Weight	Weight	Weight
	Machine	Machine	Machine	Machine	Machine	Machine
	Reps	Reps	Reps	Reps	Reps	Reps
	Sets	Sets	Sets	Sets	Sets	Sets
	Weight	Weight	Weight	Weight	Weight	Weight
	Machine	Machine	Machine	Machine	Machine	Machine
	Reps	Reps	Reps	Reps	Reps	Reps
	Sets	Sets	Sets	Sets	Sets	Sets
	Weight	Weight	Weight	Weight	Weight	Weight