

Date/Week				
Record your actual # sets (S__), repetitions (R__) and Weights (W__)				
Wide Grip Lat Pulldown	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Standing Calf Raises	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Cable Rope Overhead Tricep Ext	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Leg Extension	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Barbell Incline Bench Press	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Single Leg Push Off	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Seated Dumbbell Curl	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Lying Leg Curls	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Seated Cable Rows	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Leg Press	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____

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Wide Grip Lat Pulldown	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Standing Calf Raises	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Cable Rope Overhead Tricep Ext	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Leg Extension	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Barbell Incline Bench Press	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Single Leg Push Off	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Seated Dumbbell Curl	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Lying Leg Curls	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Seated Cable Rows	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Leg Press	2 x 15 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____