



Name \_\_\_\_\_

Personal Training - Call Us at (305) 294-7928

Date \_\_\_\_\_ Date \_\_\_\_\_ Date \_\_\_\_\_ Date \_\_\_\_\_  
 Day \_\_\_\_\_ Day \_\_\_\_\_ Day \_\_\_\_\_ Day \_\_\_\_\_

Exercise		Weight Pos. Reps			Weight Pos. Reps			Weight Pos. Reps			Weight Pos. Reps		
		Weight	Pos.	Reps	Weight	Pos.	Reps	Weight	Pos.	Reps	Weight	Pos.	Reps
	1												
	2												
	3												
Seat ( )	4												
Back ( )	5												
	1												
	2												
	3												
Seat ( )	3												
Back ( )	4												
	1												
	2												
	3												
Seat ( )	3												
Back ( )	4												
	1												
	2												
	3												
Seat ( )	3												
Back ( )	4												
	1												
	2												
	3												
Seat ( )	3												
Back ( )	4												
	1												
	2												
	3												
Seat ( )	3												
Back ( )	4												
	1												
	2												
	3												
Seat ( )	3												
Back ( )	4												

Comments: