Date:____/____/____

Name:_____ Approximate date of redesign:____/____/____

Repetition Range

Target BPM

10 Second BPM

Exercise	Adjustments					Weights																
	Seat	Back	Arm	Leg	Sets																	
Chest																						
Back																						
Shoulders																						
Biceps																						
Triceps																						
Legs																						
Abdominals																						