NAME

WORKOUT DATE													

CARDIOVASCULAR

Elliptical	Duration													
	Level/Dist.													
Bicycle	Duration													
	Level/Dist.													
Treadmill	Duration													
	Level/Dist.													
Stair Master	Duration													
	Level/Dist.													
Rower	Duration													
	Level/Dist.													
Running Track	Duration													
	Level/Dist.													

CYBEX

	Weigh	Sets	Reps																																			
Leg Press																																						
Leg Extension																																						
Leg Curl																																						
Rotary Calf																																						
Hip Abduction																																						
Hip Adduction																																						
Chest Press																																						
Fly																																						
Rear Delt																																						
Seated Row																																						
Overhead Press																																						
Lateral Raise																																						
Lat Pull Down																																						
Arm Curl																																						
Arm Extension																																						
Rotary Torso																																						
Abdominal																																						
Back Extension																																						

ABDOMINALS

NAME

WORKOUT DATE													
FREE WEIGHT	Weigh Sets Reps												
T Bar Row													
Military Press													
Arm Curl													
Leg Press													
Squat													
Seated Calf													
Bench Press													
Incline Press													
Decline Press													
Lat Pulldown													
Chest Press													
Ast'd Chin/Dip													
Tricep Pulldown													
Low Row													
Barbell / Dumbbell													
Miscellaneous													

NOTES