

NAME \_\_\_\_\_

Strength Machine	Weight	Sets/Repetitions	Settings
1. AB Crunch			
2. Arm Curl			
3. Back Extension			
4. Chest Press			
5. Mid Row Lat Pull Down Triceps Pull Down	_____ _____ _____	_____ _____ _____	_____ _____ _____
6. Shoulder Press			
7. <u>Thigh Machine</u> Outer Thigh Inner Thigh	_____ _____	_____ _____	_____ _____
8. Leg Extension			
9. Leg Press Toe Raise	_____ _____	_____ _____	_____ _____
10. Seated Leg Curl			
11. Functional Trainer			