| Exercise] | S | R   | WT  | Exercise] | S | R  | WT  | Exercise] | S | R   | WT  |
|-----------|---|-----|-----|-----------|---|----|-----|-----------|---|-----|-----|
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
| Exercise] | S | R   | WT  | Exercise] | S | R  | WT  | Exercise] | S | R   | WT  |
| LXEICISEJ | 3 | IN. | VVI | LXEICISEJ | 3 | 11 | VVI | LXercisej | 3 | IX. | VVI |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
| Exercise] | S | R   | WT  | Exercise] | S | R  | WT  | Exercise] | S | R   | WT  |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |
|           |   |     |     |           |   |    |     |           |   |     |     |

| CLIENT | TDAINICD |  |
|--------|----------|--|
| CLIENT | TRAINER  |  |

| Exercise] | S  | R  | WT   | Exercise]            | S  | R  | WT           | Exercise]  | S  | R  | WT        |
|-----------|--|--|--|----------------------|--|--|--------------|--|--|--|-----------|
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           | <u> </u>   | <u> </u>   | <u> </u>   |                      | <u> </u>   | <u> </u>   |              |  | <u> </u>   | <u> </u>   |           |
|           | <del> </del>                                     | —  | <u> </u>   |                      | <del> </del>                                     | <u> </u>   |              |  | —  | <u> </u>   |           |
|           | +  | <del> </del>                                     | <del> </del>                                     | <u> </u>             | +  | <del>                                     </del> | <u> </u>     |  | <del> </del>                                     | <del>                                     </del> |           |
|           | +  | +  |  |                      | +  | <del> </del>                                     |              |  | +  |  |           |
|           | +  | +  |  |                      | +  |  |              |  | +  |  |           |
|           |  | <u> </u>   |  |                      | <del>                                     </del> |  |              |  | <del>                                     </del> |  |           |
|           | <u> </u>   | <u> </u>   |  |                      |  |  |              |  | <u> </u>   |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           | <u> </u>   | <u> </u>   | <u> </u>   |                      | <u> </u>   | <u> </u>   |              |  | <u> </u>   | <u> </u>   |           |
|           | <del> </del>                                     | <del> </del>                                     | <u> </u>   |                      | <del> </del>                                     | <u> </u>   |              |  | <del> </del>                                     | <u> </u>   |           |
|           | <del> </del>                                     | ┼  |  | <u> </u>             | <del> </del>                                     | <u> </u>   |              |  | ┼  | <u> </u>   |           |
|           | +  | -  |  |                      | +  | <del>                                     </del> |              | -  | -  | -  |           |
| Exercise] | S  | R  | WT   | Exercise]            | S  | R  | WT           | Exercise]  | S  | R  | WT        |
| Exercise  | <del>                                     </del> | '`   | 771  | LACTUSC <sub>1</sub> | <del>                                     </del> | 11   | VV 1         | LACTOISC   | <del>                                     </del> | 11   | 771       |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           | <u> </u>   | <u> </u>   |  |                      |  |  |              |  |  |  | <u></u> _ |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           | <u> </u>   | <u> </u>   | <u> </u>   |                      | <u> </u>   | <u> </u>   |              |  | <u> </u>   | <u> </u>   |           |
|           | <del> </del>                                     | <del> </del>                                     | <u> </u>   |                      | <del>                                     </del> | <u> </u>   |              |  | <del> </del>                                     | <u> </u>   |           |
|           | +  | <del> </del>                                     |  | <del> </del>         | ┼─   | <u> </u>   |              |  | <del> </del>                                     |  |           |
|           | +  | +  |  |                      | +  | <del>                                     </del> |              | <del>                                     </del> | +  | <u> </u>   |           |
|           | +  | +  | <del>                                     </del> |                      | +  | -  | <del> </del> |  | +  | <del>                                     </del> | -         |
|           | <u> </u>   | <del>                                     </del> |  |                      | <del>                                     </del> | <del>                                     </del> |              |  | <del>                                     </del> |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           | <u> </u>   | <u></u>  |  |                      | <u> </u>   |  |              |  | <u> </u>   |  |           |
|           | <u> </u>   | <del>  </del>                                    | <u> </u>   |                      | <del>  </del>                                    |  |              |  | <del>  </del>                                    |  |           |
| Exercise] | S  | R  | WT   | Exercise]            | S  | R  | WT           | Exercise]  | S  | R  | WT        |
|           | +  | <del> </del>                                     |  | -                    | +  | <del> </del>                                     |              |  | ┼  | -  |           |
|           | +  | +  | <del>                                     </del> |                      | +  | +  | <del> </del> | <del> </del>                                     | +  | <del>                                     </del> |           |
|           | +  | +  |  |                      | +  |  |              |  | +  |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           | <u> </u>   | <u> </u>   |  |                      | <u> </u>   | <u> </u>   |              |  | <u> </u>   | <u> </u>   |           |
|           | <del> </del>                                     | <del> </del>                                     | <u> </u>   |                      | <del> </del>                                     | <u> </u>   |              |  | <del> </del>                                     | <u> </u>   |           |
|           | <del> </del>                                     | ┼──  | <u> </u>   | <del> </del>         | <del> </del>                                     |  |              | <u> </u>   | ┼──  |  |           |
|           |  | +  | _  | -                    | +  | -  |              | <del>                                     </del> | +  | -  |           |
|           | +  | +  | <u> </u>   | <del> </del>         | +  | +  |              |  | +-   | <u> </u>   |           |
|           | +  | +  |  |                      | +  |  |              |  | +  |  |           |
|           |  | <u> </u>   |  |                      | <del>                                     </del> |  |              |  | <del>                                     </del> |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |
|           |  |  |  |                      |  |  |              |  |  |  |           |

| CLIENT | TRAINER |  |
|--------|---------|--|
|        |         |  |