



Member ►

Body Weight			Goal		BW	Program		Date			
Body Fat %					BF	Seat	Back	Foot	Other	Test	
RHR		Date of Birth								Rep	Weight
Chest Press Machine											
Lat Pulldown Machine											
Leg Press Machine											
Leg Press Calves											
Leg Extensions											
Seated Leg Curls											
Overhead Press Machine											
Triceps Dip Machine											
Biceps Curl Machine											
Back Extension Machine											
Abdominal Curl Machine											

Please perform 2 minutes of cardio between resistance training exercises.

Height	Feet		BP	Sys.	
	Inch's			Dia.	

### Cardio Crush

Coach ►