



Member ►

Body Weight		Goal	BW	Program		Date			
Body Fat %			BF	Seat	Back	Foot	Other	Test	
RHR	Date of Birth		Rep					Weight	
Bench Press									A
Incline Dumbbell Press									
Incline Dumbbell Fly									
Lying Triceps Extension									
Triceps Pushdown									
Triceps Dip Machine									
Military Press									A
Side Dumbbell Raise									
Bent Over DB Raise									
Squat									A
Leg Extensions									
Seated Leg Curls									
One Arm DB Row									A
Lat Pulldown Machine									
Seated Cable Row									
Standing Barbell Curl									
Biceps Curl Machine									
Dumbbell Curl									
Standing Calf Raise									A
Back Extension Machine									
Abdominal Curl Machine									

Coach ►