



Member ►

Body Weight			Goal		BW	Program		Date				
Body Fat %					BF							
RHR		Date of Birth				Seat	Back	Foot	Other	Rep	Weight	Warm-up
Flat DB Press												A
Incline Dumbbell Press												
Incline Dumbbell Fly												
Dumbbell Curl												1
Biceps Curl Machine												
Hammer Curls												
Overhead DB Press												A
Side Dumbbell Raise												
Upright Row Barbell												
Smith Squat												A
Leg Extensions												
Seated Leg Curls												
One Arm DB Row												A
Seated Cable Pulldown												
Seated Cable Row												
One Arm DB Extension												1
Triceps Pushdown												
Triceps Dip Machine												
Standing Calf Raise												
Abdominal Curl Machine												
Back Extension Machine												

Height	Feet		BP	Sys.	
	Inch's			Dia.	

Helios

Coach ►