



Member ►

Body Weight			Goal		BW	Program		Date				
Body Fat %					BF							
RHR		Date of Birth				Seat	Back	Foot	Other	Rep	Weight	Warm-up
Incline Dumbbell Press												A
Incline Dumbbell Fly												
One Arm DB Extension												
Triceps Dip Machine												
Leg Press Sled												A
Leg Extensions												
Seated Leg Curls												
Overhead Press Machine												A
Side Dumbbell Raise												
One Arm DB Row												A
Lat Pulldown Machine												
Dumbbell Curl												
Biceps Curl Machine												
Abdominal Curl Machine												
Back Extension Machine												
Seated Calf Raise												

Height	Feet		BP	Sys.	
	Inch's			Dia.	

Hermes

Coach ►