



Member ►

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

Coach ►

Height	Feet		BP	Sys.	
	Inch's			Dia.	

Hyper Blitz