



Member ▶

Body Weight			Goal		BW	Program		Date				
Body Fat %					BF					Test		Warm-up
RHR		Date of Birth				Seat	Back	Foot	Other	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												

Height	Feet		BP	Sys.	
	Inch's			Dia.	

Osteo Blast

Coach ▶