Workout Record Sheet

Based on 3 day routine

Area of	Machine #	Macnine	Suggested Reps	Date											
				lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps	lbs / reps
Chest	#3 or #5	Vertical Chest Press	2 of 12-15												
	#1 or #7	Incline Press or Pec Fly	2 of 12-15												
Back	#12	Compound Row	2 of 12-15												
	#21	Lower Back	2 of 12-15												
Shoulders	#17	Compound Row	2 of 12-15												
	#8 or #10	Overhead Press	2 of 12-15												

#18 & #20 should be used on alternating days

Legs/Women	#18	Seated Leg Curl	2 of 12-15												
	#20	Leg Extensions	2 of 12-15												
	#14 or #16	Hip Abduction	2 of 12-15												
Hamstrings/Men	#18	Hamstrings	2 of 12-15												
Legs/Men	#20	Leg Extensions	2 of 12-15												
Legs/Men	#23	Leg Press	2 of 12-15												
Arms	#4	Preacher Curls	3 of 12-15												
	#2	V-Tricep Extension	3 of 12-15												
Abs	#22	Abdominal	3 of 12-15												
	#19	Rotary Torso	3 of 12-15												