

Date:			Date:		
Exercises	lbs/kgs	Weight:	Exercises	lbs/kgs	Weight:
1		Neck:	1		Neck:
2		Shldrs:	2		Shldrs:
3		Chest:	3		Chest:
4		Waist:	4		Waist:
5		Arms:	5		Arms:
6		F'arms:	6		F'arms:
7		Thighs:	7		Thighs:
8		Calves:	8		Calves:
9	19		9	19	
10	20		10	20	
12	21		12	21	
13	22		13	22	
14	23		14	23	
15	24		15	24	
16	25		16	25	
17	26		17	26	
18	27		18	27	
Date:			Date:		
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1		Neck:	1		Neck:
2		Shldrs:	2		Shldrs:
3		Chest:	3		Chest:
4		Waist:	4		Waist:
5		Arms:	5		Arms:
6		F'arms:	6		F'arms:
7		Thighs:	7		Thighs:
8		Calves:	8		Calves:
9	19		9	19	
10	20		10	20	
12	21		12	21	
13	22		13	22	
14	23		14	23	
15	24		15	24	
16	25		16	25	
17	26		17	26	
18	27		18	27	