

Your Exercise Program

Upper Body

		Date _____		Date _____		Date _____		Date _____		Date _____		Date _____		Date _____	
		Set # ____		Set # ____		Set # ____		Set # ____		Set # ____		Set # ____		Set # ____	
Muscle Group	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Chest		lbs		lbs		lbs		lbs		lbs		lbs		lbs	
Back															
Shoulder															
Biceps															
Triceps															

Lower Body

		Date _____		Date _____		Date _____		Date _____		Date _____		Date _____		Date _____	
		Set # ____		Set # ____		Set # ____		Set # ____		Set # ____		Set # ____		Set # ____	
Muscle Group	Exercise	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Abdominals		lbs		lbs		lbs		lbs		lbs		lbs		lbs	
Gluteus															
Quadriceps															
Hamstrings															
Calves															