Name _____

Machine Diagram	Machine # Reps/Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Rotary Torso #1											
	Pull Up/Dip Assist #2											
	Pectoral Fly #3											
	Abdominal Crunch #4											
	Back Extension #5											
	Chest Press #6											
	Lat Pull Down #7											
	Shoulder Press #8											
	Leg Extension #9											
	Leg Curl #10											
	Leg Press #11											
	Tricep Push Down #12											
	Bicep Curl #13											
	Seated Calf Raise #14											
	Plate Loaded Shoulder Press #15											
	Plate Loaded Chest Press #16											
	Plate Loaded Row #17											