Client Name: _____

	Date	___/___/___		___/___/___		___/___/___		___/___/___		___/___/___		___/___/___		___/___/___		___/___/___		___/___/___	
Exercise		**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**	**Reps**	**Weight**