Trainer's Workout Sheet

Trainer _____

Name	Age
Personal data and goals	

Physical Measurements (before)				Body Composition			
Date				Date			
Arm Rt.				Triceps			
Thigh Rt.				Chest			
Calf Rt.				Hip			
Shoulders				Ab			
Chest				Thigh			
Waist				Total			
Hips				Body Fat %			
Height							
Weight							

Exercises	Muscle Group(s)	Date																			
		LB																			
		REP																			
		SET																			
		LB																			
		REP																			
		SET																			
		LB																			
		REP																			
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