Training Program

NAME: _____

Date: _____

Next Appt.: _____

DATE			/	/	/	/	/	/	/	/	/	/	/	/
EXERCISE	CODE	SETS	Weight / Reps	Goal: _____ Starting Date: ___/___/___ Goal Date: ___/___/___					TRAINING CODES: 1. Dumbells 2. Barbells 3. Cables 4. Machine					
Cardio Workout Time:														
Target Heart Rate:														
Cardio Workout Type:														