Name		WK	

Equipment	

		A	B
Exercise/Machine	**Sets**	**Reps**	**Weight**
Aerobic	**Mins**	**Level**	**Incline**

Notes:

		A	B
Exercise/Machine	**Sets**	**Reps**	**Weight**
Aerobic	**Mins**	**Level**	**Incline**

Notes:

		A	B
Exercise/Machine	**Sets**	**Reps**	**Weight**
Aerobic	**Mins**	**Level**	**Incline**

Notes: