

NAME:_			
SLOT:			

FORT RICHMOND COLLEG	IATE															
EXERCISE	DATE															
	SET	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1	REPS															
Fitball Crunch	WEIGHT															
2	REPS															
Russian Twist	WEIGHT															
3	REPS															
Machine Leg Curl	WEIGHT															
4	REPS															
Machine Mid Row	WEIGHT															
5	REPS															
Machine Mid Row	WEIGHT															
6	REPS															
Machine Leg Press	WEIGHT															
7	REPS															
Machine Assisted Chin-Up	WEIGHT															
8	REPS															
Leg Lifts	WEIGHT															
9	REPS															
Machine Back Extension	WEIGHT															
10	REPS															
Machine Lat Pulldown	WEIGHT															
11	REPS															
Machine Leg Extension	WEIGHT															
12	REPS															
Machine Shoulder Press	WEIGHT															
13	REPS															
Machine Bicep Curl	WEIGHT															
14	REPS															
Machine Chest Fly	WEIGHT															
15	REPS															
Dumbell Tricep Extension	WEIGHT															
16	REPS															
Lateral Dumbell Raise	WEIGHT															
17	REPS															
Dumbell Bicep Curl	WEIGHT															
18	REPS															
Tricep Press	WEIGHT															
19	REPS															
Standing Calf Press	WEIGHT															
20	REPS															
	WFIGHT															



## **RESISTANCE TRAINING LOG**

NAME:		
SLOT:		

CARDIO EXERCISE	DATE			
Treadmill	TIME			
	SPEED			
Upright Bike	TIME			
	RESISTANCE			
Recumbent Bike	TIME			
	RESISTANCE			
Spin Bike	TIME			
	GEAR			
Rower	TIME			
	RESISTANCE			
Arc Trainer	TIME			
	RESISTANCE			