#1 NAME_____ % GRADE_____

	T	TH	T	TH	T	TH	T	TH
DATE								
LIFT								
SQUAT								
SET								
REP								
WT								
INCL								
SET								
REP								
WT								
CLEAN								
SET								
REP								
WT								
BENCH								
SET								
REP								
WT								
MACHINE of CHOICE:								
SET								
REP								
WT								