INDIANA FITNESS CLUB

	Date			Date			Date			Date			Date			Date		
	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt
1 - Lat Pulldown																		
1 - Triceps Ext																		
2 - Low Back Ext																		
3 - Chest Press																		
4 - Pec Fly																		
4 - Rear Delt																		
5 - Dip Assist																		
6 - Chin Assist																		
7 - Shoulder Press																		
8 - Lateral Raise																		
9 - Arm Curl																		
10 - Seated Row																		
11 - Abdominal																		
12 - Leg Press																		
13 - Leg Curl																		
14 - Leg Extension																		
15 - Hip Abductor																		
16 - Hip Adductor																		
34 - High Row																		
35 - Lateral Row																		
36 - Low Row																		
37 - Calf Raise																		
38 - Hack Squat																		
39 - Leg Press																		
40 - Squat Rack																		
41 - Smith Machine																		
42 - Shoulder Press																		
43 - Flat Bench																		
45 - Curl - barbell																		
46 - Curl - plate load																		

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	Date			Date			Date			Date			Date			Date		
	Time	Int.	Other	Time	Int.	Other	Time	Int.	Other	Time	Int.	Other	Time	Int.	Other	Time	Int.	Other
Treadmill																		
Elliptical																		
Upright Bike																		
Recumbent Bike																		
Stair Climber																		

	Date			Date			Date			Date			Date			Date		
	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt