Work Out Tracker

Last Name	First Name	D.O.B.

Target Heart Rate:	Notes

	Setting	Speed	Time	Dates							
				Time							
Treadmill											
Elliptical											
Stepper											
Bike											
AMT											
Stretching											

	Adjust	Weight	Reps	Reps							
Abdominal											
Abd/Add											
Leg Extension											
Leg Curl											
Leg Press											
Bicep Extension											
Tricep Extension											
Shoulder Press											
Lat Row											
Gravitron											
Seated Chest											
Pec Fly/Rear Delt											
Back Extension											
V Crunch											
Stretching											