WORKOUT LOC

Goals:

Date:									
Weight:									
Stats:									
Exercise:	Sets	Reps	Wt	Sets	Reps	Wt	Sets	Reps	Wt
5 2 8050					-				
			ja .						
Omedia Francisca	T!	Dist.	la.k	T:	Dist.	l m A	T !	Dist.	la.k
Cardio Exercise:	Time	Dist.	Int.	Time	Dist.	Int.	Time	Dist.	Int.
*Int.=intensity. Either I	low/mediu	m/hard to r	ate 1-10.						