

# Gym Sheet v2.2

Date:     /     / 2010

Weight:     lbs

WORKOUT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Spinning															
Running															
Cable Pull															
Leg Press															
Chest incline															
Lat Pull															
Pulley															
Leg Ext.															
Crunches															
Low Row															
Shoulder Press															
Back Ext.															
Free Weights															
Chin-ups															
Leg Curl															
Chest Press															

<b>WEIGHT (KG)</b>															
<b>CODE</b>															

KEY: S = STAGGERED    H = HARD    E = EASY    B = BICEP    T = TRICEP    M = MINUTES

GENERAL NOTES