DATE | M T W TH F S S

FOCUS OF EXERCISE |

exercise	set 1	set 2	set 3	set 4	set 5
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps
	weight reps	weight reps	weight reps	weight reps	weight reps