TBFIT.COM

Name_____

	Date:											
Exercise	**Settings Seat/other**		Wt / Reps	Wt / Reps	Wt / Reps	Wt / Reps	Wt / Reps	Wt / Reps	Wt / Reps	Wt / Reps	Wt / Reps	Wt / Reps