Weight Machine Log

Last	First	Date

Machine	Equipment Settings	Sets / Reps	Lbs	Notes								
Shoulder Press												
Bicep Curl												
Pulldown												
Chest Press												
Assisted Dip/Chin												
Pectoral Fly												
Rear Deltoid												
Row												
Abdominal												
Back Extension												
Leg Extension												
Hip Abduction												
Hip Adduction												
Seated Leg Curl												
Seated Leg Press												

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