



Multiple-Set Training Record



Program Specifics For: _____ Start Date: _____

Machine	Seat	Date																					
	Pad	Set	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
		Plates																					
		Reps																					
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		Reps																					





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Program Specifics For: _____ Start Date: _____

COMMENTS: At Start: How do I feel about how I look? My Strength? My Weight? My Shape?

GOALS # of days Weight Train. # of days CV train. Weight Goal. Inches Goal.

<p><u>INCLINE SET</u> 3. Low Wt/Hi Rep 2. Mid Wt/Mid Rep 1. Hi Wt/Lo Rep</p>	<p><u>PYRAMID</u> 2. Lo Wt/Hi Rep 1. Hi Wt/Lo Rep 3. Hi Wt/Lo Rep</p>	<p><u>DECLINE SET</u> 1. Lo Wt/ Hi Rep 2. Mid Wt/Mid Rep 3. Hi Wt/Lo Rep</p>	<p><u>TONING / MAINTAINING</u> 1. 2 Sets of 12-15 Reps/Same Wt 2. 3 Sets of 8-12 Reps/Same Wt</p>	<p><u>*POWER SET*</u> 1. 4-6 Reps / Hi Wt *For professional Wt Training Only*</p>
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SCHEDULE	BRC HOURS: -M&W 5:30AM-10PM -T&TH 7AM-10PM -F 5:30 AM-7PM -SAT 8AM-4PM -SUN 11:30AM-4PM					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

REWARDS Now, how do I feel now about how I look? My Strength? My Weight? My Shape?