Online Personal Training - Programs for Your Lifestyle by Jim Morris
Member of the Physical Fitness Hall Of Fame
Certified "Master of the Sport" by the AAU.

www.gymmorris.com

Date:	Set 1		Set 2		Set 3		Set 4		Set 5	
Exercise	Rep.	Weight	Rep.	Weight	Rep.	Weight	Rep.	Weight	Rep.	Weight

Workout Notes: