NAME_____

PT_____

Multiple Set Exercise Training Log																																	
Machine	Seat / Pad	Date																															
		Set	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Leg Press		Load																															
		Reps																															
Knee Extension		Load																															
		Reps																															
Lat Pull		Load																															
		Reps																															
Tricep Pulldown		Load																															
		Reps																															
Bench Press		Load																															
		Reps																															
Incline Press		Load																															
		Reps																															
Leg Curl		Load																															
		Reps																															
Hip Abd/Add		Load																															
		Reps																															
Bicep Curl		Load																															
		Reps																															
Deltoid Fly		Load																															
		Reps																															
Butterfly Press		Load																															
		Reps																															
Bicycle		Load																															
		Reps																															
Upper Cycle		Load																															
		Reps																															
Treadmill		Load																															
		Reps																															

7/01
PT 3047