

			ED	NANNETTE	DATE	DATE	DATE	DATE
			LBS	LBS	/	/	/	/
A	U	SEATED ROW	70	40				
A	L	LEG CURL	90@L•0•5	30@M•0•5				
B	U	LAT PULL DOWN	60@2•	40@2•				
B	L	LEG EXT	130@4•L	40@4•M				
C	U	POLE TWISTS	NA	NA				
C	L	LEG PRESS	80@0	30@0				
D	U	TRICEPS PRESS	90@2	60@2				
D	L	HIP ABDUCT	250	120				
E	U	FRENCH PRESS	40	20				
E	L	HIP ADDUCT	230	120				
F	U	CURLS	25	15				
F	L	LEG PULLUPS	NA	NA				
G	U	OVERHEAD PRESS	25	10				
G	L	LEG PULLUPS	NA	NA				
H	U	SHRUGS	35	15				
H	L	STANDING SITUPS	@6•	@6•				
I	U	FLIES	15	10				
I	L	CRUNCHES	3•@1▼	3•@1▼				
J	U	LAT ARM EXT	20	15				
J	L	CRUNCHES	3•@1▼	3•@1▼				
K	U	TRICEPS PULL-UP	70	40				
K	L	STRETCH - STANDING	NA	NA				
L	U	CHEST PRESS	100@5•	30@5•				
L	L	BACK EXTENSION	110@DN•3	70@DN•3				