

Name_____

Workout 2

Date								
Hip & Back	/	/	/	/	/	/	/	/
Leg Curl	/	/	/	/	/	/	/	/
Pullover	/	/	/	/	/	/	/	/
Pulldown	/	/	/	/	/	/	/	/
Shrugs	/	/	/	/	/	/	/	/
Torso Row	/	/	/	/	/	/	/	/
Biceps	/	/	/	/	/	/	/	/
Tricep	/	/	/	/	/	/	/	/

Date								
Hip & Back	/	/	/	/	/	/	/	/
Leg Curl	/	/	/	/	/	/	/	/
Pullover	/	/	/	/	/	/	/	/
Pulldown	/	/	/	/	/	/	/	/
Shrugs	/	/	/	/	/	/	/	/
Torso Row	/	/	/	/	/	/	/	/
Biceps	/	/	/	/	/	/	/	/
Tricep	/	/	/	/	/	/	/	/