

Workout 2

		<i>Date</i>							
IN	NY	<i>Location</i>							
		Hip & Back	/	/	/	/	/	/	/
		Leg Curl	/	/	/	/	/	/	/
		Pullover	/	/	/	/	/	/	/
		Pulldown	/	/	/	/	/	/	/
		Shrugs	/	/	/	/	/	/	/
		Torso Row	/	/	/	/	/	/	/
		Biceps	/	/	/	/	/	/	/
		Tricep	/	/	/	/	/	/	/

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