

Workout 1

		<i>Date</i>							
IN	NY	<i>Location</i>							
5/5	5/10	Leg Extension	/	/	/	/	/	/	/
7	8	Leg Press	/	/	/	/	/	/	/
		Lateral Raise	/	/	/	/	/	/	/
5	6/out	Shoulder Press	/	/	/	/	/	/	/
5/3	7/2	Row	/	/	/	/	/	/	/
	5/5 crnr	Chest Flys	/	/	/	/	/	/	/
5/2	4/1	Chest Press	/	/	/	/	/	/	/
		Crunches	/	/	/	/	/	/	/

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5/5	5/10	Leg Extension	/	/	/	/	/	/	/
7	8	Leg Press	/	/	/	/	/	/	/
		Lateral Raise	/	/	/	/	/	/	/
5	6/out	Shoulder Press	/	/	/	/	/	/	/
5/3	7/2	Row	/	/	/	/	/	/	/
	5/5 crnr	Chest Flys	/	/	/	/	/	/	/
5/2	4/1	Chest Press	/	/	/	/	/	/	/
		Crunches	/	/	/	/	/	/	/