Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Grou	ıps:									
Time:								Weig	ght:	
Feeling: 1	2	. 3	4	5	6	7	7	8	9	10
Warm up:										
EXER	CISE		W	R	W	R	W	R	W	R
RPE (avg.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	-	7	8	9	10
Warm up	:										
EXI	ERCI:	SE		W	R	W	R	W	R	W	R
RPE (avg.	):	1	2	3	4	5	6	7	8	9	10

Muscle Grou	ps:									
Time:								Wei	ght:	
Feeling: 1	2	3	4	5	6	7	7	8	9	10
Warm up:										
EXERC	CISE		W	R	W	R	W	R	W	R
RPE (avg.):	1	2	3	4	5	6	7	8	9	10

Muscle Gr	oups	5:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up:											
EXE	RCIS	SE .		W	R	W	R	W	R	W	R
RPE (avg.)	:	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	5 7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gre	oups	5:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up:											
			_					_	_	_	
EXE	RCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.)	•	1	2	3	4	5	6	7	8	9	10

Muscle Grou	ps:									
Time:								Weig	ght:	
Feeling: 1	2	3	4	5	6	7	7	8	9	10
Warm up:										
EXERC	CISE		W	R	W	R	W	R	W	R
RPE (avg.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	os:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6		7	8	9	10
Warm up	:										
EXI	ERC	ISE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gro	ups	5:									
Time:									Weig	jht:	
Feeling:	1	2	3	4	5	6	; '	7	8	9	10
Warm up:											
EXEF	RCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.):		1	2	3	4	5	6	7	8	9	10

Muscle Group	os:									
Time:								Wei	ght:	
Feeling: 1	2	3	4	5	6	7	7	8	9	10
Warm up:										
EXERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.):	1	2	3	4	5	6	7	8	9	10

Muscle Gr	oups	5:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up:											
EXE	RCIS	SE .		W	R	W	R	W	R	W	R
RPE (avg.)	:	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	5 7	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	5	7	8	9	10
Warm up	:										
EXI	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle	Grou	ps:									
Time:									Wei	ght:	
Feeling:	1	2	3	4	5	6	5	7	8	9	10
Warm u	p:										
E	XERC	ISE		W	R	W	R	W	R	W	R
RPE (av	g.):	1	2	3	4	5	6	7	8	9	10

Muscle Grou	ıps:										
Time:									Weig	ght:	
Feeling: 1		2	3	4	5	6	7	7	8	9	10
Warm up:											
EXER	CISE			W	R	W	R	W	R	W	R
RPE (avg.):	1	2	2	3	4	5	6	7	8	9	10

Muscle G	rour	os:									
Time:									Weig	ıht:	
	1	2	3	4	5	6		7		9	10
Warm up				<u> </u>							
vvariii up	<b>'•</b>										
EX	ERC	ISE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gro	oups	<del></del>									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up:											
								-		_	
EXE	RCIS	E		W	R	W	R	W	R	W	R
RPE (avg.):		1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	):										
EX	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle C	Group	os:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	o:										
EX	ŒRCI	ISE		W	R	W	R	W	R	W	R
RPE (avg	J.):	1	2	3	4	5	6	7	8	9	10

Muscle Gr	oup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up:											
									_		
EXE	RCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.)	) <b>:</b>	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	:										
EX	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gro	ups	5:									
Time:									Wei	ght:	
Feeling: 1		2	3	4	5	6	7	7	8	9	10
Warm up:											
EXER	CIS	SE .		W	R	W	R	W	R	W	R
RPE (avg.):		1	2	3	4	5	6	7	8	9	10

_											
Muscle G	roup	s:									
Time:									Weig	jht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	):										
EX	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	7	7 8	3	9	10
Warm up	) <b>:</b>										
EX	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Grou	ıps:									
Time:								Wei	ght:	
Feeling: 1	2	3	4	5	6	7	7	8	9	10
Warm up:										
						_				
EXER	CISE		W	R	W	R	W	R	W	R
RPE (avg.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	os:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	):										
EX	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	):										
EXI	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roups	5:									
Time:									Weig	jht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	:										
EXI	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	5:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	);										
EX	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle C	Group	os:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	o:										
EX	ŒRCI	ISE		W	R	W	R	W	R	W	R
RPE (avg	J.):	1	2	3	4	5	6	7	8	9	10

Muscle Gr	oup	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up:											
									_		
EXE	RCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.)	) <b>:</b>	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	os:									
Time:									Weig	jht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	<b>)</b> :										
FX	ERCI	ISF		W	R	W	R	W	R	W	R
				• •		• •		• •	1 \		
RPE (avg	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	rour	)C.									
	ισαμ	,3.									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	•	7 8	3	9	10
Warm up	) <b>:</b>										
FX	ERCI	ISF		W	R	W	R	W	R	W	R
				•		• •		• •		VV	
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gro	ups	s:									
Time:									Weig	ght:	
Feeling: 1		2	3	4	5	6	•	7	8	9	10
Warm up:											
			_					_		_	
EXER	CIS	E		W	R	W	R	W	R	W	R
RPE (avg.):		1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	):										
EX	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gro	ups	<b>5:</b>									
Time:									Weig	ght:	
Feeling: 1	l	2	3	4	5	6	7	7	8	9	10
Warm up:											
								_		-	_
EXEF	RCIS	E		W	R	W	R	W	R	W	R
RPE (avg.):		1	2	3	4	5	6	7	8	9	10

Muscle G	roup	os:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	):										
EX	ERCI	ISE		W	R	W	R	W	R	W	R
RPE (avg	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	s:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	):										
EXI	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roups	5:									
Time:									Weig	jht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	:										
EXI	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	5:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up	);										
EX	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	os:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	•	7 8	8	9	10
Warm up	):										
EX	ERC	ISE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gro	oups	<del></del>									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	7	7	8	9	10
Warm up:											
								-		_	
EXE	RCIS	E		W	R	W	R	W	R	W	R
RPE (avg.):		1	2	3	4	5	6	7	8	9	10

Muscle G	roup	os:									
Time:									Weig	ıht:	
Feeling:	1	2	3	4	5	6	7	7 8	8	9	10
Warm up	<b>)</b> :										
EX	ERCI	SE		W	R	W	R	W	R	W	R
RPE (avg	.):	1	2	3	4	5	6	7	8	9	10

Muscle G	roup	os:									
Time:									Weig	ht:	
Feeling:	1	2	3	4	5	6	•	7 8	8	9	10
Warm up	:										
EX	ERC	ISE		W	R	W	R	W	R	W	R
RPE (avg.	.):	1	2	3	4	5	6	7	8	9	10

Muscle Gr	roups	s:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	5	7	8	9	10
Warm up:	:										
			_					_	_		
EXE	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.)	):	1	2	3	4	5	6	7	8	9	10

Muscle Gr	roups	5:									
Time:									Weig	ght:	
Feeling:	1	2	3	4	5	6	5	7	8	9	10
Warm up:	:										
			_					_		_	
EXE	ERCIS	SE		W	R	W	R	W	R	W	R
RPE (avg.)	):	1	2	3	4	5	6	7	8	9	10