

NAME: \_\_\_\_\_

GRADE LEVEL: \_\_\_\_\_

WEEK OF \_\_\_\_\_

| STATION | EXERCISE | MACHINE<br>SETTINGS | DAY 1  |      | DAY 2  |      | DAY 3  |      | DAY 4  |      | DAY 5  |      |
|---------|----------|---------------------|--------|------|--------|------|--------|------|--------|------|--------|------|
|         |          |                     | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps |
| 1       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 2       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 3       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 4       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 5       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 6       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 7       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 8       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 9       |          |                     |        |      |        |      |        |      |        |      |        |      |
| 10      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 11      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 12      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 13      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 14      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 15      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 16      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 17      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 18      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 19      |          |                     |        |      |        |      |        |      |        |      |        |      |
| 20      |          |                     |        |      |        |      |        |      |        |      |        |      |

