| Exercise | Adjustments | Date | | | Date | | | Date | | | Date | | | Date | | | Date | | | Date | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Leg Press | B=<br>F= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Hip Adduction/<br>Abduction | Add L=<br>Abd L= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Leg Curl | B=<br>T=<br>AK=<br>L= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Leg Extension | B=<br>AK=<br>L= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Abdominal | S= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Chest | S= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Fly/Rear Delt | S=<br>Fly A=<br>RD A= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Lat/High Row | T= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Shoulder | S= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Bicep | S= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Tricep | B=<br>S= | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
| Dip/Chin | | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W | S | R | W |
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