EXERC	19E	LU	JIE		LA			
Focus of workout:			Cardio: Yes / No					
	Set 1		Set 2		Set 3		Set 4	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
Date: Focus of workout: Cardio: Yes / No								
Strength Exercises	Set 1		Set 2		Set 3		Set 4	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
Date: Focus of workout: Cardio: Yes /								<sup>'</sup> No
Strength Exercises	Set 1		Set 2		Set 3		Set 4	
Strength Exercises	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
1								
2								
3								
4								
5								
6								
7								

9.\_\_\_\_\_

10.\_\_\_\_