Weight Training Chart for _____ Chart Number _____

Date																		
Exercise	**Settings**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**	**Lbs.**	**Reps**	**Sets**