Name_____ Period_____

INDIVIDUALIZED ACITIVTY CHART

Station Name	Day 1			Day 2			Day 3			Day 4			Day 5		
	Lbs	Rep	Set	Lbs	Rep	Set	Lbs	Rep	Set	Lbs	Rep	Set	Lbs	Rep	Set
Sample (bench press)	90	15	3												
SQUAT (A)															
LEG CURL (A)															
LEG EXTENSION (A)															
CALF RAISES (A)															
LUNGES (A)															
BENCH PRESS (B)															
EZ CURL (B)															
TRICEP EXTENSIONS (B)															
LAT PULL DOWNS (B)															
DUMBELL FLIES (B)															
EFFORT (DAILY 1-10)															