



Today's Date \_\_\_\_\_

Name: \_\_\_\_\_

	Exercise Code	Sets	Reps	Hold	Rest	Freq.
1.	_____	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____	_____

Duration    1 wk ☐    2 wks ☐    3 wks ☐    4 wks ☐

Comments \_\_\_\_\_

Practitioner's Name \_\_\_\_\_

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3.	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____
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3.	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____
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