

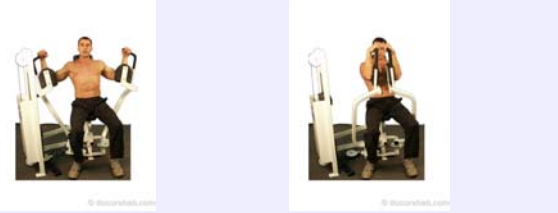




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|  | lateral arm extension | | | | | | | | | | #1 | 001 | |
| | Date | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| | Weight | | | | | | | | | | | | |
| | Rep | | | | | | | | | | | | |
| | Set | | | | | | | | | | | | |
| | Times | | | | | | | | | | | | |

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|  | External Rotation | | | | | | | | | | #2 | 002 | |
| | Date | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| | Weight | | | | | | | | | | | | |
| | Rep | | | | | | | | | | | | |
| | Set | | | | | | | | | | | | |
| | Times | | | | | | | | | | | | |

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|  | pect deck | | | | | | | | | | #3 | 004 | |
| | Date | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| | Weight | | | | | | | | | | | | |
| | Rep | | | | | | | | | | | | |
| | Set | | | | | | | | | | | | |
| | Times | | | | | | | | | | | | |

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|  | Bilateral Triceps pull | | | | | | | | | | #4 | 003 | |
| | Date | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| | Weight | | | | | | | | | | | | |
| | Rep | | | | | | | | | | | | |
| | Set | | | | | | | | | | | | |
| | Times | | | | | | | | | | | | |

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|---|--------------------------|---|---|---|---|---|---|---|---|---|-----------|------------|--|
|  | vertical shoulder | | | | | | | | | | #5 | 005 | |
| | Date | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| | Weight | | | | | | | | | | | | |
| | Rep | | | | | | | | | | | | |
| | Set | | | | | | | | | | | | |
| | Times | | | | | | | | | | | | |