		TOPBALLERZ.NET						
Exercises	Settings	Date	Date	Date	Date	Date	Date	Date
	seat / leg	/	/	/	/	/	/	/
		Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
	/	/	/	/	/	/	/	/
Cardio	Seat	Date	Date	Date	Date	Date	Date	Date
		/	/	/	/	/	/	/
		mins. / level	mins. / level	mins. / level	mins. / level	mins. / level	mins. / level	mins. / level
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		weight / reps	weight / reps	weight / reps	weight / reps	weight / reps	weight / reps	weight / reps
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/