tuff training

PERSONAL TRAINING FOR A HEALTHIER LIFESTYLE

tufftraining.com 816.645.1371

Client Name: _____

	Date	___/___/___					
Exercise		Reps	Weight	Reps	Weight	Seat/Level	
Shoulder Press							
Lat Pull							
PullUp Assist							
Chest Press							
Hyper Extensions							
Arm Curl							
Tricep Extension							
Bench/Flat Crunch							
Seated Leg Curls							
Leg Press							
Side Crunch							

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Exercise		Reps	Weight	Reps	Weight	Reps	Weight