

Fitness Weight Training Chart

Date					
1	Leg Extension				
2	Leg Press				
3	Leg Curl				
4	Low Back Extension				
5	Biceps Curl				
6	Incline Chest Press				
7	Flat Bench Press				
8	Shoulder Press				
9	Tricep Extension				
10	Pec Deck				
11	Standing Calf				
12	Cable Cross Over				
13	Stair Master				
14	Upright Rows (w/ Dumbbells)				
15	Roman "Core" Chair				
16	Free Weight Biceps Curl				
17	Free Weight Flat Bench Press				
18	Free Weight Incline Chest				
19	Lunges (w/ dumbbells)				
20	Shoulder Dips				
21	Treadmill				
22	Shuttle Slide				