

STRENGTH TRAINING MONTH OF:

DATE	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS	EXERCISE, WEIGHT, REPS