

Endurance Recommended Rep Range = 15-25

Workout #1		Equip Used					Equip Used					Equip Used					Equip Used					
Exercise	Type		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps	
Chest Press	Endurance	Machine	B		3-4			B		3-4			B		3-4			B		3-4		
Cable Row	Endurance	Machine	B		3-4			B		3-4			B		3-4			B		3-4		
Squats	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
Incline Chest press	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
Lat Pull down	Endurance	Machine	B		3-4			B		3-4			B		3-4			B		3-4		
Leg Press / D-bell Squat	Endurance	Mach/D/bell	B		3-4			R		3-4			R		3-4			R		3-4		
Hover/Wheelbarrow	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
Fitball Bridge	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
<i>Tricep Extension</i>	Endurance	None	B		3-4			B		3-4			B		3-4			B		3-4		
<i>Biceps</i>	Endurance	None	B		3-4			B		3-4			B		3-4			B		3-4		
Notes about your workout																						

Workout #1		Equip Used					Equip Used					Equip Used					Equip Used					
Exercise	Type		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps		Arm	W	Sets	Reps	
Chest Press	Endurance	Machine	B		3-4			B		3-4			B		3-4			B		3-4		
Cable Row	Endurance	Machine	B		3-4			B		3-4			B		3-4			B		3-4		
Squats	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
Incline Chest press	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
Lat Pull down	Endurance	Machine	B		3-4			B		3-4			B		3-4			B		3-4		
Leg Press / D-bell Squat	Endurance	Mach/D/bell	B		3-4			R		3-4			R		3-4			R		3-4		
Hover/Wheelbarrow	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
Fitball Bridge	Endurance	D/bell	B		3-4			B		3-4			B		3-4			B		3-4		
<i>Tricep Extension</i>	Endurance	None	B		3-4			B		3-4			B		3-4			B		3-4		
<i>Biceps</i>	Endurance	None	B		3-4			B		3-4			B		3-4			B		3-4		
Notes about your workout																						