Instructions: Perform each exercise for one body part in a split set format. All Tasks must be signed by the instructor

| Exercises | Date: | Date: | Date: | Date: |
|----------------------|---------|-----------|----------|--|
| type: | | | | |
| Barbell Shoulder | x | x | x | x |
| Press | | | | |
| 3RM | Weight: | Weight: | Weight: | Weight: |
| Machine Shoulder | x | x | x | x |
| Press | W. take | Mr. t. La | Mr. Sala | MATERIAL CONTRACTOR OF THE PARTY OF THE PART |
| 3RM | Weight: | Weight: | Weight: | Weight: |
| Dumbbell Forward | x | x | x | x |
| Lateral raise | | | | |
| 3RM | Weight: | Weight: | Weight: | Weight: |
| Dumbbell side | | | | |
| Lateral Raise | x | x | x | x |
| | | | | |
| 3 RM | Weight: | Weight: | Weight: | Weight: |
| Cable Standing | | | | |
| Lateral Pull Down | x | x | x | x |
| | | | | |
| 3RM | Weight: | Weight: | Weight: | Weight: |
| Hammer Strength | | | | |
| Lateral Raise | x | x | x | x |
| 2014 | | | | |
| 3RM | Weight: | Weight: | Weight: | Weight: |
| Dumbbell Seated | | | | |
| Arnold Presses | x | x | x | x |
| 3RM | Maiaht | NA/aiaha | Weight: | Majaht |
| Dumbbell Shoulder | Weight: | Weight: | weight: | Weight: |
| Shrugs | v | v | v | v |
| 3RM | x | x | x | x |
| 3KWI | Weight: | Weight: | Weight: | Weight: |
| Dumbbell Rear | X | X | X | X |
| Lateral Raise | ^_ | ^_ | ^_ | ^_ |
| | Weight: | Weight: | Weight: | Weight: |
| 3RM | | | | |
| | x | x | x | x |
| | | | | |
| 3RM | | Weight: | Weight: | Weight: |
| | Weight: | | - 0 - | <u> </u> |
| Instructor signature | | | | |
| 1 | | 1 | 1 | |

For more Reinforcement; go to www.AustinPhysicalEducation.com