Name	
ITUILL	

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

Exercises	Date:	Date:	Date:	Date:
type:				
Standing Cable	x	x	x	x
Lateral pull-down				
to Triceps	Weight:	Weight:	Weight:	Weight:
extension				
Dumbbell Row	x	x	x	x
Single-leg Hip				
Extension	Weight:	Weight:	Weight:	Weight:
Dumbbell Snatch or	x	x	x	x
Clean to Press				
	Weight:	Weight:	Weight:	Weight:
Dumbbell Incline				
Chest press to	x	x	x	x
Biceps curl				
	Weight:	Weight:	Weight:	Weight:
Turkish Get-up				
	x	x	x	x
	Weight:	Weight:	Weight:	Weight:
Push-up to				
Brazilian Crunches	x	x	x	x
	Weight:	Weight:	Weight:	Weight:
Dumbbell Body	x	x	x	x
Rippers				
	Weight:	Weight:	Weight:	Weight:
	×	x	x	x
	344-1-1-1	M/-1-1-1	Martin Land	W. C. L.
	Weight:	Weight:	Weight:	Weight:
	x	x	x	x
	Moight	Moight	Moight	Weight
	Weight:	Weight:	Weight:	Weight:
	×	x	x	x
		Weight:		
	Weight:		Weight:	Weight:
Instructor signature				

For additional Reinforcement; go to www.AustinPhysicalEducation.com