

<b>Client:</b>		<b>Week:</b>									
<b>Day:</b>		<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>		<b>Set 5</b>	
<b>Order</b>	<b>Exercise</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>

<b>Day:</b>		<b>Week:</b>									
<b>Day:</b>		<b>Set 1</b>		<b>Set 2</b>		<b>Set 3</b>		<b>Set 4</b>		<b>Set 5</b>	
<b>Order</b>	<b>Exercise</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>	<b>Reps</b>	<b>Load</b>

Notes