HLC LBP HLC LBP LBC LBP DL LBC LBP DL LBC LBP DL LBC LBP DL LBC LBC LBP DL LBC LBP DL LBC LBP DL LBC LBR PAC DL LBC LBR PAC LBC LBR PAC LBC LBR PAC DL LBC LBC LBR DL LBC LBC LBC LBC LBC LBC LBC LBC LBC LB	Date													Name		
HLC LBR HIC Leg Quadriceps Leg Press LP Leg Press Lat Back Circular Lat Back Circular Lat Back Circular Lat Back Row Each repetition should be done with a count of 3 seconds on the positive, 1 second static and 5 seconds on the negative. Training should be performed maximum two times every 10-15 days to avoid overtraining.	machine seat others															
HLC Horizontal Leg Curl Leg Quadriceps Leg Press Lat Back Circular Lat Back Row Each repetition should be done with a count of 3 seconds on the positive, 1 second static and 5 seconds on the negative. Think "3-1-5" on each repetition for best results. Training should be performed maximum two times every 10-15 days to avoid overtraining.															HLC	
HLC Horizontal Leg Curl Leg Quadriceps Leg Press Lat Back Circular Lat Back Row Each repetition should be done with a count of 3 seconds on the positive, 1 second static and 5 seconds on the negative. Think "3-1-5" on each repetition for best results. Training should be performed maximum two times every 10-15 days to avoid overtraining.																
HLC Horizontal Leg Curl Leg Quadriceps LP Leg Press LP Leg Press LBC Lat Back Circular LBP Lat Back Pull Lat Back Row LBC Lat Back Row																LO
HLC Horizontal Leg Curl Leg Quadriceps the positive, 1 second static and 5 seconds on the negative. LP Leg Press Think "3-1-5" on each repetition for best results. LBC Lat Back Circular Training should be performed maximum two times every 10-15 days to avoid overtraining. LBP Lat Back Row LBR Lat Back Row																
HLC Horizontal Leg Curl Leg Quadriceps the positive, 1 second static and 5 seconds on the negative. LP Leg Press Think "3-1-5" on each repetition for best results. LBC Lat Back Circular Training should be performed maximum two times every 10-15 days to avoid overtraining. LBP Lat Back Row LBR Lat Back Row													—			IBC
HLC Horizontal Leg Curl Leg Quadriceps Leg Press Leg Press Leg Press Lat Back Circular Lat Back Pull Lat Back Row PAC PSP PAP PAP PAP PAP PAP PAP															LBP	
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HLC Horizontal Leg Curl LQ Leg Quadriceps LP Leg Press LBC Lat Back Circular LBP Lat Back Row Each repetition should be done with a count of 3 seconds on the positive, 1 second static and 5 seconds on the negative. Training should be performed maximum two times every 10-15 days to avoid overtraining. DL DP DL DP															PAC	LBR
HLC Horizontal Leg Curl LQ Leg Quadriceps LP Leg Press LBC Lat Back Circular LBP Lat Back Pull Lat Back Row Each repetition should be done with a count of 3 seconds on the negative. Think "3-1-5" on each repetition for best results. Training should be performed maximum two times every 10-15 days to avoid overtraining.																
HLC Horizontal Leg Curl LQ Leg Quadriceps LP Leg Press LBC Lat Back Circular LBP Lat Back Pull LBR Lat Back Row Each repetition should be done with a count of 3 seconds on the negative. Think "3-1-5" on each repetition for best results. Training should be performed maximum two times every 10-15 days to avoid overtraining.																PSP
LQ Leg Quadriceps the positive, 1 second static and 5 seconds on the negative. LP Leg Press Think "3-1-5" on each repetition for best results. LBC Lat Back Circular Training should be performed maximum two times every LBP Lat Back Pull 10-15 days to avoid overtraining. LBR Lat Back Row															PAP	
LP Leg Press Think "3-1-5" on each repetition for best results. LBC Lat Back Circular Training should be performed maximum two times every LBP Lat Back Pull 10-15 days to avoid overtraining. LBR Lat Back Row																
LBP Lat Back Pull 10-15 days to avoid overtraining. LBR Lat Back Row	LP	Leg Leg	Leg Quadriceps the positive, 1 second static and 5 seconds on the negative Leg Press Think "3-1-5" on each repetition for best results.									ative.				
	LBP	Lat	Lat Back Pull 10-15 days to avoid overtraining.							every						
PSP Per Seated Press	PAC PSP	Ped Ped	Pec Arm Cross Pec Seated Press Pec Angle Press													

Pec Angle Press PAF DL Deltoid Lift DΡ Deltoid Press ΤP Triceps Press вс Biceps Curl AC Abdominal Crunch



вс