TUSCARAWAS COUNTY YMCA

NAME _____ START DATE _____

Workout Date																				
Exercise or Machine ↓	WT	SETS / REPS	WT	SETS / REPS	WT	SETS / REPS	WT	SETS / REPS	WT	SETS / REPS	WT	SETS / REPS	WT	SETS / REPS	WT	SETS / REPS	WT	SETS / REPS	WT	SET / REPS