lame:		
Slock.		

Goal	Sets	Reps	Weight	Rest
Endurance				
Fitness and Toning				
Strength				
Power				

Weight Lifting Goals:		

Date:									
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT

Date:									
EXERCISE	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT
	_								
Date:									
Date:	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT
Date: EXERCISE	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
	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
	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
	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
	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT