Client's Name: **Riverplex Fitness Program Card** **Date:**

Exercise	Settings	Date									
#1 Angled Leg Press		Weight									
		Reps									
		Set(s)									
#2 Seated Leg Press		Weight									
		Reps									
		Set(s)									
#3 Seated Leg Curl		Weight									
		Reps									
		Set(s)									
#4 Leg Extension		Weight									
		Reps									
		Set(s)									
#5 Adductors		Weight									
		Reps									
		Set(s)									
#6 Abductors		Weight									
		Reps									
		Set(s)									
#7 Glute Ham		Weight									
		Reps									
		Set(s)									
#8 Lat Pull Down		Weight									
		Reps									
		Set(s)									
#9 Row/Rear Delt		Weight									
		Reps									
		Set(s)									
#10 Chest Press		Weight									
		Reps									
		Set(s)									
#11 Pectorals/Rear Delt		Weight									
		Reps									
		Set(s)									
#12 Overhead Press		Weight									
		Reps									
		Set(s)									

Client's Name: **Riverplex Fitness Program Card** **Date:**

Exercise	Settings	Date									
#13 Tricep Extension		Weight									
		Reps									
		Set(s)									
#14 Arm Curl		Weight									
		Reps									
		Set(s)									
#15 Glute		Weight									
		Reps									
		Set(s)									
#16 Assisted Chin Dip		Weight									
		Reps									
		Set(s)									
#17 Back Extension		Weight									
		Reps									
		Set(s)									
#18 Abdominal Crunch		Weight									
		Reps									
		Set(s)									
#19 Torso Rotation		Weight									
		Reps									
		Set(s)									
#20 Thera-Crunch		Weight									
		Reps									
		Set(s)									
#21 Incline Board		Weight									
		Reps									
		Set(s)									
#22 Roman Chair		Weight									
		Reps									
		Set(s)									
#23 Captain's Chair		Weight									
		Reps									
		Set(s)									