

Workout Room Progress Sheet 1

Client Name:	Trainer:
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Date							
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CHEST

	WT	Rep												
Flat Bench Press														
Flat Bench Flye														
Inclined Press														
Inclined Flye														
Pushup														
Hi Cable Crossover														
Lo Cable Crossover														
Pec Deck														

BACK

	WT	Rep												
Shrugs														
One Arm Row														
Pull Ups														
Back Extension														
Seated Row														

Lateral Pull Down														
Pec Deck (Rear)														

SHOULDER

	WT	Rep												
Overhead Press														
Lateral Raises														
Front Raises														

ABDOMEN

	WT	Rep												
Upper Crunches														
Lower Crunches														
Side Crunches														

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