

Strength Training Log



Name: _____

Start Date: _____

Exercise	Date	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	
	lbs.																				
	reps.																				
	lbs.																				
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	lbs.																				
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All new Y members are entitled to a free orientation. Please see the membership sales and service desk for more information. Y personal trainers can help you stay motivated and help you meet your goals.