

## WEIGHT TRAINING SUSSION JOS Date:



Cardio	Time				Distance			Intensity		
Core Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Upper Body Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
Upper Body Exercise						_				
Upper Body Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Upper Body Exercise						_				
Upper Body Exercise						_				
Upper Body Exercise						_				
Upper Body Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Upper Body Exercise  Lower Body Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight