Training Progression Report

Date:	Start Time:						
Week#:	End Time:						
Rest interval:	Total Time:						
Weight Training							
Body Parts: Exercise/Tempo	Set 1	Set 2	S	et 3	Set 4	Set 5	Set 6
Exercise/Tempo	3611	36t Z	0	51.5	3614	0613	3610
141 15		1141					
	dyCo	nditic	m	ng\	Syste	ms	
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Cardiovascular Exercise							
Type/Program		Duration		Le	evel		
Comments:			'				