WORKOUT TRACKER

MONTH OF:					
FOCUS AREA:	HIPS T	HIPS THIGH CHEST ARMS BODY FAT MUSCLE			
EXERCISE		SET	REP	WEIGHT	
FOCUS AREA:	HIPS I T	HIGH I CHE	EST ARMS BOD	Y FAT I MUSCLE	
EXERCISE		SET	REP	WEIGHT	
FOCUS AREA:	HIPS T	HIGH CHE	EST ARMS BOD	Y FAT MUSCLE	
EXERCISE		SET	REP	WEIGHT	