

CIRCUIT MACHINE WALK THROUGH

Machine #	Machine	Weight	Repetitions
	LAT PULLDOWN		

NOTES

	LEG PRESS		
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NOTES

	LEG CURL (HAMSTRING)		
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NOTES

	LEG EXTENSION		
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NOTES

	SHOULDER PRESS		
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NOTES

	LATERAL RAISE		
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NOTES

	SMITH MACHINE		
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NOTES

	CABLE CROSS OVER		
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NOTES

	WEIGHT SLED		
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NOTES