NORTHGATE RACQUETBALL & HEALTH CLUB, INC.
A Division of Azer Rehab System, P.C. Galesburg, IL

NORTHGATE'S LOOK Great In '08

Weight Training Log

Name: Date:

Type of Exercise	Technical Information					
Upper Body	**Targeted Muscle(s)**	**# of Reps.**	**Weight Lifted**	**Length of Rest**	**Intensity Level**	**Notes**
Lower Body	**Targeted Muscle (s)**	**# of Reps.**	**Weight Lifted**	**Lentgh of Rest**	**Intensity Level**	**Notes**