		Set 1		Set 2		Set 3		Set 4		
Datum	Övning	Vikt	Reps	Vikt	Reps	Vikt	Reps	Vikt	Reps	Kommentar
	LAT PULL DOWN (Ryggdrag)									
	CHEST PRESS (Bröst Press)									
	SEATED LEG CURL (Sittande ben curl)									
	LEG PRESS (Benpress)									
	LEG EXTENSION (Benspark)									
	SHOULDER PRESS (Axelpress)									
	SEATED ROW (Sittande rodd)									
	SEATED TRICPEPS PRESS (Sittande tricepspress)									
	ABDOMINAL (Magcrunches)									
	BICEPS CURL (Bicepscurl)									
	LAT PULL DOWN (Ryggdrag)									
	CHEST PRESS (Bröst Press)									
	SEATED LEG CURL (Sittande ben curl)									
	LEG PRESS (Benpress)									
	LEG EXTENSION (Benspark)									
	SHOULDER PRESS (Axelpress)									
	SEATED ROW (Sittande rodd)									
	SEATED TRICPEPS PRESS (Sittande tricepspress)									
	ABDOMINAL (Magcrunches)									
	BICEPS CURL (Bicepscurl)									