No.	Exercise	Cadence	Reps	Baseline Weight (lbs)	Workout Log								
					1/3/2011	1/6/2011	1/9/2011	1/12/2011	1/16/2011	1/19/2011	1/23/2011	1/26/2011	1/30/2011
1	Pullover	5/5	x8	40+	50								
2	Yates' Bent Row	5/5	x8	65+	70								
	Rest (3 min)												
3	Squat	5/5	x10	50+	60								
	Rest (3 min)												
4	Fly	5/5	x8	50	50								
5	Dip	5/5	x8	0	0								
	Rest (3 min)												
6	Leg Curl	5/5	x8	60+ (setting)	70								
	Rest (3 min)												
7	Reverse Curl	5/5	x8	40+	40								
	Rest (3 min)												
8	Calf Raises	5/5	x8	140+ (setting)	160								
	Rest (3 min)												
9	Neck Resistance	5/5	x8/ea	0	0								
	Rest (3 min)												
10	Myotatic Crunch	4/2/4/2	x10	0	0								