Weight Training Chart with Nautilus NITRO **Name: _____**

#	Date: >																
	Machine	**Settings**		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
	Warm-Up																
1	**Leg Press**																
2	**Prone Leg Curl**																
3	**Leg Extension**																
4	**Vertical Chest**																
5	**Lat Pulldown**																
6	**Pec Fly**																
7	**Compound Row**																
8	**Overhead Press**																
9	**Bicep Curl**																
10	**Seated Dip**																
11	**Low Back**																

12a	Hip Abductor																
12b	Hip Adductor																
13	Incline Press																
14	Abdominal																
15	Gravitron- Chin																
	Workout Time																