Single-Set & Circuit Training Diary

MACHINE	Seat / Pad	Date																																										
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CYBEX®

NAME _____

INSTRUCTOR _____

Single-Set & Circuit Training Diary

| MACHINE | Seat / Pad | Date | | |

Multiple-Set Training Diary

| MACHINE | Seat / Pad | Date | | |

CYBEX®

NAME _____

INSTRUCTOR _____

Multiple-Set Training Diary

| MACHINE | Seat / Pad | Date | | |