

TRACKING SHEET

PULL DAY

LAT PULL DOWN

WEEK DATES (e.g. Jan 5 - Jan 11)	WEIGHT	REPS	NOTES

BARBELL ROW

WEEK DATES	WEIGHT	REPS	NOTES

CHEST SUPPORTED MACHINE ROW

WEEK DATES	WEIGHT	REPS	NOTES

ROPE PULLOVER

WEEK DATES	WEIGHT	REPS	NOTES

BARBELL CURL

WEEK DATES	WEIGHT	REPS	NOTES

INCLINE DUMBBELL CURL

WEEK DATES	WEIGHT	REPS	NOTES

WIDE GRIP BARBELL SHRUG

WEEK DATES	WEIGHT	REPS	NOTES