H Y G I E I A
Strength & Conditioning

Name:

	Date:	Session 1 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						

	Date:	Session 2 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						

	Date:	Session 3 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						

	Date:	Session 4 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						

	Date:	Session 5 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						

	Date:	Session 6 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						

	Date:	Session 7 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						

	Date:	Session 8 :					
	Exercises	**Sets / Reps**	**Weight / Time**				
1							
2							
3							
4							
5							
6							
	Notes:						