

## The Record Sheet



TM

Name..... Date..... Date.....

Exercise	Initial Weight			Weight after 20 sessions		
	3-5 Rep Max	15-20 Rep Max	40-45 Rep Max	3-5 Rep Max	15-20 Rep Max	40-45 Rep Max
Octathalon Lat pull down						
Under grip Lat pull downs						
Single arm side pull down						
Dumbbell pullovers						
Octathalon Bench Press						
Dumbbell Chest Flyes						
Single arm dumbbell raise						
Dumbbell Ch.Press on ball						
Octathalon Shoulder Press						
Single arm Reverse flyes						
Dumbbell Sh. Press on ball						
Dumbbell Front Raise						
Dumbbell Side Raise						
Exercise	Initial stats		Stats after 20 sessions			
	Non Stop Repetitions	Repetitions in 1 minute	Non Stop Repetitions	Repetitions in 1 minute		
Octathalon Sit ups						
Oct. Sit ups – Short course						
Reverse Crunches						
Abdominal cycling						
Press ups						
Press ups on knees						

In all circumstances stop the exercise if you cannot continue without keeping good form.

For more information see  
[www.octathalon.com](http://www.octathalon.com)

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