The Record Sheet



Name	Date	Date

Exercise	Initial Weight				Weight after 20 sessions			
	3-5	15	-20	40-45	3-5	15-	-20	40-45
	Rep	Re	ер	Rep	Rep	Re	еp	Rep
	Max	М	ах	Max	Max	M	ах	Max
Octathalon Lat pull down								
Under grip Lat pull downs								
Single arm side pull down								
Dumbell pullovers								
Octathalon Bench Press								
Dumbell Chest Flyes								
Single arm dumbell raise								
Dumbell Ch.Press on ball								
Octathalon Shoulder Press								
Single arm Reverse flyes								
Dumbell Sh. Press on ball								
Dumbell Front Raise								
Dumbell Side Raise								
Exercise	Initial stats		Stats a	after :	20 sessions			
			Repetitions		Non Stop		Repetitions	
	Repetiti			minute	Repetiti			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

The Record Sheet



Fyorciso	Initial Weight	Weight after 20 session			
Name	Date	Date			

Exercise	Initial Weight			Weight after 20 sessions				
	3-5	15	-20	40-45	3-5	15	-20	40-45
	Rep		эp	Rep	Rep		эp	Rep
	Max	M	ax	Max	Max	M	ax	Max
Octathalon Lat pull down								
Lindon swip Lot soull downs								
Under grip Lat pull downs								
Single arm side pull down								
single ann side pair devin								
Dumbell pullovers								
·								
Octathalon Bench Press								
Dumbell Chest Flyes								
Single arm dumbell raise								
Single ann dumben raise								
Dumbell Ch.Press on ball								
Octathalon Shoulder Press								
Single arm Reverse flyes								
Dumbell Sh. Press on ball								
Dumbell Front Raise								
Dumbeli Front Raise								
Dumbell Side Raise								
Burnbell side Raise								
Exercise	Initial stats		Stats after 20 sessions			essions		
	Non Stop Repetitions Repetitions in 1 minute				petitions			
					in 1	1 minute		
Octathalon Sit ups								
Oct. Sit ups – Short course								
Reverse Crunches								
Abdominal cycling								
Press ups								
Press ups on knees			l				<u> </u>	

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

For more information see

www.octathalon.com