Basic workout program

DATE									
MACHINES	WEIGHT LOG								
LEG PRESS									
LEG EXTENSION									
LEG CURL									
INNER THIGH									
OUTTER THIGH									
AB MACHINE									
CRUNCHES									
CHEST PRESS									
PECK DECK									
SHOULDER PRESS									
SEATED ROW									
LAT PULL-DOWN									
CALF RAISE									
TRICEP PRESS									
BICEP CURL									