WALLACE STATE WELLNESS CENTER EXERCISE RECORD

Name _____ Semester/Instructor _____

Chest	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Barbell Bench Press									
Incline Bench Press									
Decline Bench Press									
Flat Bench Dumbbell Press									
Incline Dumbbell Press									
Decline Dumbbell Press									
Flat Bench Dumbbell Flye									
Incline Dumbbell Flye									
Cable Crossover									
Instructor Initial									

Shoulders	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Standing Overhead Press									
Seated Barbell Press									
Seated Overhead Dumbbell Press									
Arnold Press									
Overhead Lateral Raise									
Front Dumbbell Raise									
Bent-Over Lateral Raise									
Instructor Initial									

Back	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Pull-Up									
Front Pull-Down									
Straight-Arm Lat Pull-down									
Bent-Over Barbell Row									
One-Arm Dumbbell Row									
Seated Row (cable or T-bar)									
Dead Lift									
Good Morning									
Instructor Initial									

Biceps/Forearms	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Standing Barbell Curl									
Seated Dumbbell Curl									
Concentration Curl									
Barbell Preacher Curl									
Dumbbell Preacher Curl									
Hammer Curl									
Two-Arm High Cable Curl									
Barbell Reverse Curl									
Dumbbell Wrist Curl									
Instructor Initial									

Triceps	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Bench Dip									
Close-Grip Bench Press									
45-Degree French Press									
Seated EZ-Bar French Press									
Dumbbell Kickback									
Rope/Pulley Pressdown									
Reverse-Grip Pressdown									
Seated One-Arm Overhead Extension									
Instructor Initial									

Legs	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Barbell Squat									
Smith Machine Squat									
Hack Squat									
Leg Press									
Barbell Lunge									
Reverse Lunge									
Leg Extension									
Stiffed-Legged Deadlift									
Prone Leg Curl									
Seated Leg Curl									
Calf Raises (seated or standing)									
Leg-Press Calf Raise									
Instructor Initial									

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Name _____ Semester/Instructor _____

Abdominals	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Ab Crunch (floor or Edge Ball)									
Cable Crunch									
Decline Bench Crunch									
Reverse Crunch									
Hanging Knee Raise									
Hanging Leg Raise									
Oblique Crunch									
Instructor Initial									

Cardio	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out	Date/Time In/Out
Treadmill									
Cycle									
Elliptical									
Stepper									
Instructor Initial									