Name Angela Nunn Program Type Maintanence
Program Date 20/11/2008
Warm up / Cardio 15 Minutes Stair Climber (No Holiding On)
Level 8 mainitan great posture and always be aware of posture and position

StudioForty6 Personal Training
Ph - 03 9500 2066

StudioForty6

	Day or Date																							
1. Wide grip lat pulldown 05049	Reps	15																						
	Load - kg	40																						
	Results																							
2. Seated row 03794	Reps	15																						
	Load - kg	40																						
	Results																							
3. Stability ball half squat biceps curls 00631	Reps	4																						
	Load - kg	15																						
	Results																							
4. Stability ball triceps extension 04008	Reps																							
	Load - kg	12																						
	Results																							
5. Wide grip smith rack push up 00660	Reps																							
	Load - kg																							
	Results																							
6. Dumbbell lunge 02129	Reps																							
	Load - kg																							
	Results																							
7. Lat pulldown 05062	Reps																							
	Load - kg																							
	Results																							

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