R2P
REHAB 2 PERFORM
Workout Tracker

	Week 1	Week 2	Week 3	Week 4
	2 x 8 reps	**2 x 10 reps**	**3 x 8 reps**	**3 x 10 reps**
Exercise (D) 1._____ 2._____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____
Exercise (A) 1._____ 2._____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____
Exercise (B) 1._____ 2._____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____
Rest 3-5 Minutes				
Exercise (C) 1._____ 2._____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____
Exercise (A) 1._____ 2._____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____
Exercise (E) 1._____ 2._____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____	Weight: _____ Weight: _____