

**MBS Personal Training Program**  
Application of Knowledge is Power

Name:

<b>Day</b>	<b>Exercise</b>	<b>KGs</b>	<b>Sets</b>	<b>Reps</b>
<u>Monday</u>				
<u>Tuesday</u>				
<u>Wednesday</u>				
<u>Thursday</u>				
<u>Friday</u>				
<u>Saturday</u>				
<u>Sunday</u>				

