

EXERCISES LOG - EASYCHIN BAR---Beginner's Routine						
(BACK)						
Day_____ Date_____						
Week#_____						
	SET #	1	2	3	4	Total
<i>Horizontal Chinups (Narrow Grip)</i>						
<i>Horizontal Chinups (Wide Grip)</i>						
<i>Horizontal Chinups (Medium Grip)</i>						
<i>Rest After Each Set</i>						
Total Time Spent_____						
(CHEST)						
Day_____ Date_____						
Week#_____						
	SET #	1	2	3	4	Total
<i>Easychin Pushup 'A' (Narrow Grip)</i>						
<i>Easychin Pushup 'B' (Medium Grip)</i>						
<i>Easychin Pushup 'A' (Medium Grip)</i>						
<i>Rest After Each Set</i>						
Total Time Spent_____						
(LEGS & ABS)						
Day_____ Date_____						
Week #_____						
	SET #	1	2	3	4	Total
<i>Regular Squats</i>						
<i>One-Leg Squats</i>						
<i>Hanging Leg Raises</i>						
<i>Hanging Knee-Ups</i>						
<i>Rest After Each Set</i>						
Total Time Spent_____						