

Date	
LISTA	
Date	

Name of Exercise	Number of sets	Number of repetitions (or duration in seconds)	Notes (e.g., weight felt light, grasped chair, etc.)

Date \_\_\_\_\_

	Number of	Number of repetitions	Notes (e.g., weight felt light, grasped
	sets	(or duration in	chair, etc.)
Name of Exercise		seconds)	-