

## EAT Resistance Program Training Log: Upper Body

Muscle Group	Exercise / Level (level one, level two)	Weight: Body (B) or Pounds (lbs)	Rate of Perceived Exertion (RPE)
<b>Rotation A</b>			
Core			
Chest			
Back			
Shoulders			
Arms			
<b>Rotation B</b>			
Core			
Chest			
Back			
Shoulders			
Arms			