

EAT Resistance Program Training Log: Lower 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			
Thighs			
Gluteals			
Hamstrings			
Calves			
<b>Rotation B</b>			
Core			
Thighs			
Gluteals			
Hamstrings			
Calves			

