Адрес: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Телефон: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ИНН: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Паспорт: серия\_\_\_\_\_\_\_\_\_\_\_№\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Страх. свид-во: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

КАРТОЧКА

занимающегося в тренажерном зале

Ф.И.О.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ возраст: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  Дата Показатели |  |  |  |  |  |  |  |  |  |  |  |
| Вес |  |  |  |  |  |  |  |  |  |  |  |
| Приседание  |  |  |  |  |  |  |  |  |  |  |  |
| Жим |  |  |  |  |  |  |  |  |  |  |  |
| Тяга |  |  |  |  |  |  |  |  |  |  |  |
| Сумма |  |  |  |  |  |  |  |  |  |  |  |
| Разряд |  |  |  |  |  |  |  |  |  |  |  |
| Подтягивание  |  |  |  |  |  |  |  |  |  |  |  |
| Отжимание в упоре на брусьях |  |  |  |  |  |  |  |  |  |  |  |
| Отжимание в упоре лежа |  |  |  |  |  |  |  |  |  |  |  |
| Приседание на одной ноге |  |  |  |  |  |  |  |  |  |  |  |
| Пресс  |  |  |  |  |  |  |  |  |  |  |  |

Тренер – преподаватель: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_