

WORKOUT CARD

Name: _____

Card Date: _____

Card Duration: _____

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
1, 3 & 5	Cardio / Abs	Warm up all major starching			Click here
		E.T	10min		Click here
		J.Jack	3	15	Click here
		Burpees	3	10	Click here
		Crunches	3	15	Click here
		Leg raises	3	15	Click here
		Flutter	3	15	Click here
		Plank	3	1min	Click here
		Treadmill walk	15min		Click here
2	Leg - Shoulder	Warm up all major starching			Click here
		Treadmill walk	10min		Click here
		Dbl shoulder press	3	15	Click here
		Shoulder press m/c	3	15	Click here
		Side raises m/c	3	15	Click here
		Squats	3	15	Click here
		Leg curl	3	15	Click here
		Leg extension	3	15	Click here
		Hip adduction	3	15	Click here
		Abduction m/c	3	15	Click here

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
3	chest / tricep	Warm up all major starching			Click here
		Treadmill walk+ fast walk	10min		Click here
		Push ups	2	15	Click here
		Incline DBL press	3	15	Click here
		Dbl chest press	3	15	Click here
		Chest fly	3	15	Click here
		Tricep push down	3	15	Click here
		Triceps dips m/c	3	15	Click here
		Abs	3	15	Click here
		E.T	10min		Click here
6	back / biceps	Warm up all major starching	10min		Click here
		Lat pull down	3	15	Click here
		Seated row	3	15	Click here
		Dbl row	3	15	Click here
		Shrugs DBL	3	15	Click here
		Dbl biceps curl	3	15	Click here
		BBL curl	3	15	Click here
		Dbl hammer curl	3	15	Click here
		Cycle	10min		Click here
		Cool down : stretching			

