

WORKOUT CARD

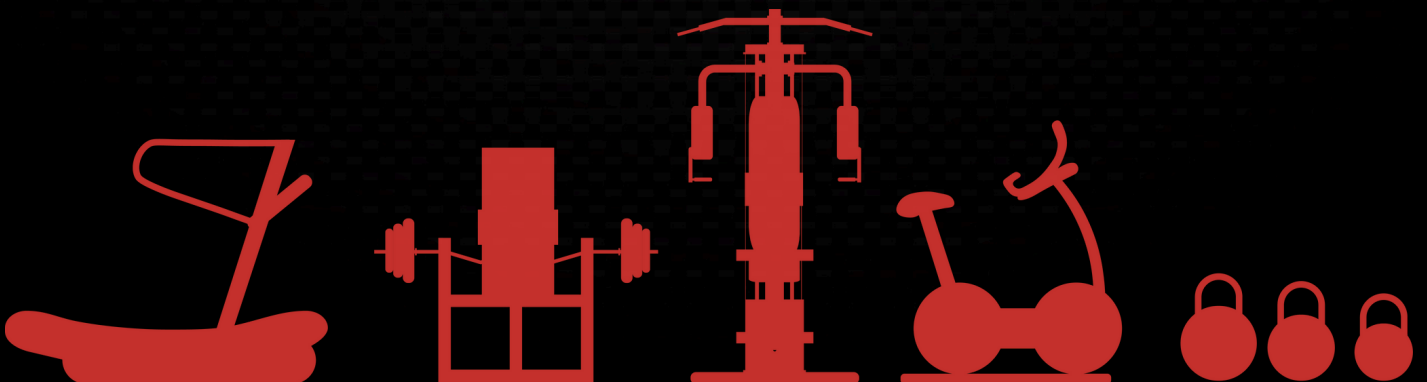
Name: _____

Card Date: _____

Card Duration: _____

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
1	Cardio / Abs	Warm up all major starching			<u>Click here</u>
		Treadmill walk	10min		<u>Click here</u>
		Cross trainer	10min		<u>Click here</u>
		Side bend	3	15	<u>Click here</u>
		Crunches	3	15	<u>Click here</u>
		Leg raises	3	15	<u>Click here</u>
		Air bike	3	15	<u>Click here</u>
		Plank	3	1min	<u>Click here</u>
		Cycling	10min		<u>Click here</u>
2	Leg - Shoulder	Warm up all major starching	3	15	<u>Click here</u>
		Squats	3	15	<u>Click here</u>
		Leg curl	3	15	<u>Click here</u>
		Leg extension	3	15	<u>Click here</u>
		Hip adduction	3	15	<u>Click here</u>
		Abduction m/c	3	15	<u>Click here</u>
		Dbl shoulder press	3	15	<u>Click here</u>
		Shoulder press m/c	3	15	<u>Click here</u>
		Treadmill walk	10min		<u>Click here</u>
		Cool down : stretching			

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
3	Cardio / Abs	Warm up all major starching			Click here
		Treadmill walk+ fast walk	10min		Click here
		Cycling L4	10min		Click here
		Side bend	3	15	Click here
		Crunches	3	15	Click here
		Leg raises	3	15	Click here
		Side crunch	3	15	Click here
		Air bike	3	15	Click here
		Cool down : stretching			
4	Chest / tricep	Warm up all major starching			Click here
		Treadmill walk+ fast walk	10min		Click here
		Push ups	2	15	Click here
		Chest press m/c	3	15	Click here
		Dbl chest press	3	15	Click here
		Chest fly	3	15	Click here
		Tricep push down	3	15	Click here
		Tricep both arm ext	3	15	Click here
		Air bike	3	15	Click here
		E.T	10min		Click here



Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
5	Cardio / Abs	Warm up all major starching			<u>Click here</u>
		Treadmill walk+ fast walk	10min		<u>Click here</u>
		Cycling L4	10min		<u>Click here</u>
		Side bend	3	15	<u>Click here</u>
		Crunches	3	15	<u>Click here</u>
		Leg raises	3	15	<u>Click here</u>
		Side crunch	3	15	<u>Click here</u>
		Air bike	3	15	<u>Click here</u>
		E.T	10min		<u>Click here</u>
		Cool down : stretching			
6	Back / biceps	Warm up all major starching			<u>Click here</u>
		Lat pull down	3	15	<u>Click here</u>
		Seated row	3	15	<u>Click here</u>
		R. G pull down	3	15	<u>Click here</u>
		Shrugs	3	15	<u>Click here</u>
		Dbl biceps curl	3	15	<u>Click here</u>
		Preacher curl m/c	3	15	<u>Click here</u>
		Dbl hammer curl	3	15	<u>Click here</u>
		E.T	10min		<u>Click here</u>
		Cool down : stretching			

