

WORKOUT CARD

Name: _____

Card Date: _____

Card Duration: _____

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
1 & 3 & 5	Upper body / Lower body	Warm up all major starching			<u>Click here</u>
		Treadmill / crosstrainer	10min		<u>Click here</u>
		Squats	2	10 8	<u>Click here</u>
		Standing calf raise	2	10 8	<u>Click here</u>
		Leg extension	2	10 8	<u>Click here</u>
		Leg curl	2	10 8	<u>Click here</u>
		Step up & down	2	10 8	<u>Click here</u>
		Shoulder press m/c	2	10 8	<u>Click here</u>
		S.Dbl press	2	10 8	<u>Click here</u>
		Tricep push down	2	10 8	<u>Click here</u>
		Abs crunches	2	15 15	<u>Click here</u>
		Plank	3	1min	<u>Click here</u>
		Cool down: Stretching			
2 & 4 & 6	Upper body / Lower body	Warm up all major starching			<u>Click here</u>
		Push ups	2	10 8	<u>Click here</u>
		Hip knee	2	15 15	<u>Click here</u>
		Squats	2	10 8 6	<u>Click here</u>
		U bike	10min	10 8	<u>Click here</u>
		Chest press m/c	2	10 8	<u>Click here</u>

		Dbl chest press	2	10 8	<u>Click here</u>
		Lat-pull down	2	10 8	<u>Click here</u>
		Dbl biceps curl	2	10 8	<u>Click here</u>
		Dbl hammer curl	2	10 8	<u>Click here</u>
		Abs Crunches	2	15 15	<u>Click here</u>
		Plank	3	1min	<u>Click here</u>
		Cool down : stretching			

