

WORKOUT CARD

Name: _____

Card Date: _____

Card Duration: _____

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
1 & 4	Chest / Triceps	Warm up all major starching			Click here
		Push ups	3	12 10 8	Click here
		BBL decline bench press	3	12 10 8	Click here
		DBL incline press	3	12 10 8	Click here
		DBL flate bench press	3	12 10 8	Click here
		Chest fly	3	12 10 8	Click here
		Tricep push down	3	12 10 8	Click here
		Tricep dips m/c	3	12 10 8	Click here
		Both arm T.ext	3	12 10 8	Click here
		Cool down : stretching			
2 & 5	Back / Biceps	Warm up all major starching			Click here
		Pull ups	3	12 10 8	Click here
		Lat pull down	3	12 10 8	Click here
		Pully row	3	12 10 8	Click here
		R.grip pull down	3	12 10 8	Click here
		Dbl shrugs	3	12 10 8	Click here
		DBL bicep curl	3	12 10 8	Click here
		BBL bicep curl	3	12 10 8	Click here

		Hammar curl	3	12 10 8	Click here
		Treadmill	10min		Click here
		Cool down : stretching			
Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
3 & 6	Legs / Shoulder	Warm up all major starching			Click here
		Squats s/m	3	12 10 8	Click here
		Lunges	3	12 10 8	Click here
		Leg ext	3	12 10 8	Click here
		Leg curl	3	12 10 8	Click here
		Leg press	3	12 10 8	Click here
		Shoulder press m/c	3	12 10 8	Click here
		Front raises	3	12 10 8	Click here
		Cycle	10min		Click here
				Cool down : stretching	

