

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			<u>Click here</u>
		Push ups	3	Max	<u>Click here</u>
		DBL decline bench press	3	10 8 6	<u>Click here</u>
		BBL flate bench press	3	10 8 6	<u>Click here</u>
		BBL incline press	3	10 8 6	<u>Click here</u>
		F.bench dbl fly	3	10 8 6	<u>Click here</u>
		Tricep push down	3	10 8 6	<u>Click here</u>
		Both arm T.ext	3	10 8 6	<u>Click here</u>
		Tricep dips m/c	3	10 8 6	<u>Click here</u>
		Cool down : stretching			
2 & 5	Back / Biceps	Warm up all major starching			<u>Click here</u>
		Pull ups	3	12	<u>Click here</u>
		Lat pull down	3	10 8 6	<u>Click here</u>
		Dbl row	3	10 8 6	<u>Click here</u>
		R.grip pull down	3	10 8 6	<u>Click here</u>
		S/M shrugs	3	10 8 6	<u>Click here</u>
		BBL bicep curl	3	10 8 6	<u>Click here</u>
		P.curl M/C	3	10 8 6	<u>Click here</u>

		Hammar curl	3	10 8 6	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	10 8 6	Click here
		Lunges	3	10 8 6	Click here
		Leg ext	3	10 8 6	Click here
		Leg curl	3	10 8 6	Click here
		Leg press	3	10 8 6	Click here
		Shoulder press m/c	3	10 8 6	Click here
		Front raises	3	10 8 6	Click here
		Cycle	10min		Click here
				Cool down : stretching	

