

WORKOUT CARD

Name: _____

Card Date: _____

Card Duration: _____

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
1 & 5	Circuit Training	Warm up all major starching			Click here
		Treadmill	12 15 min		Click here
		Dbl squats	3	15 12 10	Click here
		Lunges	3	10 10 10	Click here
		Leg ext	3	15 12 10	Click here
		Leg curl	3	15 12 10	Click here
		Leg press	3	15 12 10	Click here
		DBL F.bench press	3	15 12 10	Click here
		Shoulder Dumbell press	3	15 12 10	Click here
		R.grip pull down	3	15 12 10	Click here
		E.T	10min		Click here
		Cool down : stretching			
2 & 6	Cardio / Abs	Warm up all major starching			Click here
		E.T	10min		Click here
		Burpees	3	12	Click here
		BOX step up	3	15	Click here
		Front kick	3	15	Click here
		Leatral kick	3	15	Click here
		Cycle	10min		Click here

		Leg raises	3	15	<u>Click here</u>
		Abs	3	15	<u>Click here</u>
		Treadmill	15min		<u>Click here</u>
		Cool down : stretching			
Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
3	Leg / Back / Biceps	Warm up all major starching			<u>Click here</u>
		Treadmill	10min		<u>Click here</u>
		Lat pull down	3	15 12 10	<u>Click here</u>
		Compownd row	3	15 12 10	<u>Click here</u>
		Leg press	3	15 12 10	<u>Click here</u>
		Leg ext	3	15 12 10	<u>Click here</u>
		Leg curl	3	15 12 10	<u>Click here</u>
		Hip abd	3	15 12 10	<u>Click here</u>
		Bicep curl dbl	3	15 12 10	<u>Click here</u>
		Hammar curl	3	15 12 10	<u>Click here</u>
		Cycle	10min		<u>Click here</u>
				Cool down : stretching	
4	Chest/shoulder /triceps	Warm up all major starching			<u>Click here</u>
		Treadmill	10 min		<u>Click here</u>
		Dbl chest press	3	15 12 10	<u>Click here</u>
		Chest press m/c	3	15 12 10	<u>Click here</u>
		Chest fly m/c	3	15 12 10	<u>Click here</u>
		Shoulder press m/c	3	15 12 10	<u>Click here</u>
		Front raises dbl	3	15 12 10	<u>Click here</u>
		T.push down	3	15 12 10	<u>Click here</u>
		T.dips	3	15 12 10	<u>Click here</u>

		E.T	10min	Click here
		Cool down : stretching		

