

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 | | | <u>Click here</u> |
| | | Treadmill | 12 - 15 min | | <u>Click here</u> |
| | | DBL squats | 3 | 15 12 10 | <u>Click here</u> |
| | | lunges | 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> |
| | | leg press | 3 | 15 12 10 | <u>Click here</u> |
| | | DBL F.bench press | 3 | 15 12 10 | <u>Click here</u> |
| | | S.DBL press | 3 | 15 12 10 | <u>Click here</u> |
| | | R.grip pull down | 3 | 15 12 10 | <u>Click here</u> |
| | | E.T | 10min | | <u>Click here</u> |
| | | Cool down : stretching | | | |
| 2 & 6 | Cardio / Abs | Warm up all major starching | 3 | 15 | <u>Click here</u> |
| | | E.T | 10min | | <u>Click here</u> |
| | | Burpees | 3 | 12 | <u>Click here</u> |
| | | BOX step up | 3 | 15 | <u>Click here</u> |
| | | Front kick | 3 | 15 | <u>Click here</u> |
| | | Lateral kick | 3 | 15 | <u>Click here</u> |
| | | cycle | 10min | | <u>Click here</u> |

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|-----|----------------------------|-----------------------------|--------|----------|----------------------------|
| | | leg raises | 3 | 15 | Click here |
| | | abs | 3 | 15 | Click here |
| | | Treadmill | 15 min | | Click here |
| | | Cool down : stretching | | | |
| 3 | LEG /BACK/BICEPS | Warm up all major starching | | | Click here |
| | | Treadmill | 10 min | | Click here |
| | | lat pull down | 3 | 15 12 10 | Click here |
| | | compownd row | 3 | 15 12 10 | Click here |
| | | leg press | 3 | 15 12 10 | Click here |
| | | leg ext | 3 | 15 12 10 | Click here |
| | | leg curl | 3 | 15 12 10 | Click here |
| | | hip abd | 3 | 15 12 10 | Click here |
| | | bicep curl dbl | 3 | 15 12 10 | Click here |
| | | hammar curl | 3 | 15 12 10 | Click here |
| | | cycle | 10 min | | Click here |
| 4 | chest/shoulder /triceps | Warm up all major starching | 3 | | Click here |
| | | Treadmill | 10 min | | Click here |
| | | dbl chest press | 3 | 15 12 10 | Click here |
| | | chest press m/c | 3 | 15 12 10 | Click here |
| | | chest fly m/c | 3 | 15 12 10 | Click here |
| | | shoulder press m/c | 3 | 15 12 10 | Click here |
| | | front raises dbl | 3 | 15 12 10 | Click here |
| | | T.push down | 3 | 15 12 10 | Click here |
| | | T.dips | 3 | 15 12 10 | Click here |

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|-----|-----------------|------------------------|--------|------|-----------------------------------|
| | | E.T | 10 min | | <u>Click here</u> |
| | | Cool down : stretching | | | |
| | | | | | |