

WORKOUT CARD

Name: _____

Card Date: _____

Card Duration: _____

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
1 3 5	Upperbody /Lower body	Warm up all major starching			Click here
		Treadmill / Crosstainer	10min		Click here
		squats	2	10 8	Click here
		Standing calf raise	2	10 8	Click here
		Leg extension	2	10 8	Click here
		Leg curl	2	10 8	Click here
		Step up & down	2	10 8	Click here
		Shoulder press m /c	2	10 8	Click here
		Shoulder Dbl press	2	10 8	Click here
		Tricep push down	2	10 8	Click here
		Abs Crunches	2	15 15	Click here
		plank	3	1 min	Click here
		Cool down : stretching			
2 4 6	Upperbody / Lower body	Warm up all major starching			Click here
		Push ups	2	10 8	Click here
		High knee	2	15 15	Click here
		squats	2	15 15	Click here
		U bike	10 min	10 8	Click here
		chest press m/c	2	10 8	Click here

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
		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		1 min	<u>Click here</u>
		Cool down : stretching			

