

# 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 |      |        | <a href="#"><u>Click here</u></a> |
|       |                 | Push ups                    | 3    | Max    | <a href="#"><u>Click here</u></a> |
|       |                 | BBL decline bench press     | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | DBL incline press           | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | DBL flate bench press       | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | chest fly                   | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | tricep push down            | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | tricep dips m/c             | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | both arm T.ext              |      |        | <a href="#"><u>Click here</u></a> |
|       |                 | Cool down : stretching      |      |        |                                   |
| 2 & 5 | Back / Biceps   | Warm up all major starching |      |        | <a href="#"><u>Click here</u></a> |
|       |                 | Pull ups                    | 3    | 12     | <a href="#"><u>Click here</u></a> |
|       |                 | Lat pull down               | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | Pully row                   | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | R.grip pull down            | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | dbl shrugs                  | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | DBL bicep curl              | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | BBL bicep curl              | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | hammar curl                 | 3    | 10 8 6 | <a href="#"><u>Click here</u></a> |

| Day   | Body Part Focus | Exercise                    | Sets   | Reps   | Workout Link                      |
|-------|-----------------|-----------------------------|--------|--------|-----------------------------------|
|       |                 | Treadmill                   | 10min  |        | <a href="#"><u>Click here</u></a> |
|       |                 | Cool down : stretching      |        |        |                                   |
| 3 & 6 | Legs / Shoulder | Warm up all major starching |        |        | <a href="#"><u>Click here</u></a> |
|       |                 | Squats s/m                  | 3      | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | Lunges                      | 3      | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | Leg ext                     | 3      | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | Leg curl                    | 3      | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | leg press                   | 3      | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | shoulder press m/c          | 3      | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | Front raises                | 3      | 10 8 6 | <a href="#"><u>Click here</u></a> |
|       |                 | Cycle                       | 10 min |        | <a href="#"><u>Click here</u></a> |
|       |                 | Cool down : stretching      |        |        |                                   |

