

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	10min		<u>Click here</u>
		squats	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>
		chest press	3	15 12 10	<u>Click here</u>
		sholuder press m/c	3	15 12 10	<u>Click here</u>
		lat 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			<u>Click here</u>
		E.T	10 min		<u>Click here</u>
		jumping jack	3	15	<u>Click here</u>
		high knees	3	15	<u>Click here</u>
		stepper	3	15	<u>Click here</u>
		skipping	3	50	<u>Click here</u>
		burpees	3	10	<u>Click here</u>
		stair master	5 min		<u>Click here</u>
		abs	3	15	<u>Click here</u>

Day	Body Part Focus	Exercise	Sets	Reps	Workout Link
		Treadmill	10min		<u>Click here</u>
		Cool down : stretching			
3	LEG /BAC /BICEPS	Warm up all major starching			<u>Click here</u>
		dbl squats	3	15 12 10	<u>Click here</u>
		leg ext	3	15 12 10	<u>Click here</u>
		leg press	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>
		hip add	3	15 12 10	<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>
		bicep curl bbl	3	15 12 10	<u>Click here</u>
		hammar curl	3	15 12 10	<u>Click here</u>
		cycle	10 min		<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	10 min		<u>Click here</u>
		Cool down : stretching			