

workout card



resistance training program (x per week):

warm-up cardio (5-10 mins):

warm-up stretches:

exercise	adj seat	set 1		set 2		set 3		comments
		wt.	rep.	wt.	rep.	wt.	rep.	
chest press								
seated row								
leg press								
leg extension								
leg curl								
shoulder press (push)								
triceps extension								
biceps/arm curl								
abdominal crunches								

cool down cardio (5-10 mins):

cool down stretches:

cardiovascular program (x per week):

type	program
time	level

workout record (mark each day you work out)

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
week 1							
week 2							
week 3							
week 4							