

WORKOUT CARD

NAME	DATE	=400p00.000.
NAME	DATE	 End each workou
		 Inhale at rest, exh
PERSONAL COACH		My heart rate train

- Each workout should begin with light exercise/stretch
 Do not sacrifice technique for increased weight (Maintain correct form)
 We suggest 8-12 reps and 1-2 sets if beginner
- For Best results workout at least 3X per week
- Each repetition should be 2- 5 seconds in length
- ut with cool down and stretching
- hale on exertion
- My heart rate training zone is _____ ____

	EXERCISES	TIME	DIST.	TIME	TIME	DIST.	TIME																		
0	Treadmill/Track																								
CARDIO	Cross Trainer																								
AR	Bike																								
	Rower																								
	Stair Climber																								
	EXERCISES	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS								
	Chest Press																								
7	Shoulder Press																								
BODY	Lat Pulldown																								
ER	Lat Raise																								
UPPE	Pec Fly/Rear Delt																								
5	Tri Press																								
	Bi Curl																								
	Row/Rear Delt																								
>	EXERCISES	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS								
ОБУ	Leg Press																								
e e	Leg Curl																								
VE	Leg Ext																								
LOWER B	Hip Abductor																								
	Hip Adductor																								
	EXERCISES																								
ADDITIONAL EXERCISES	Ab																								
	Torso Twist																								