

WORKOUT CARD

FITNESS CHAMPION MILL	WORKOUT CARD	 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
NAME	DATE	 Each repetition should be 2- 5 seconds in length End each workout with cool down and stretching
PERSONAL COACH		Inhale at rest, exhale on exertion My heart rate training zone is

CARDIO	EXERCISES	TIME	DIST.	TIME	TIME	DIST.	TIME																		
	Treadmill/Track																								
	Cross Trainer																								
	Bike																								
	Rower																								
	Stair Climber																								
	EXERCISES	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS								
	Chest Press																								
≿	Shoulder Press																								
000	Lat Pulldown																								
UPPER BODY	Lat Raise																								
H	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								
LOWER BODY	Leg Press																								
B(Leg Curl																								
VEF	Leg Ext Hip																								
ò	Abductor Hip																								
	Adductor																								
ADDITIONAL EXERCISES	EXERCISES																								
	Ab																								
	Torso Twist																								