



Name: _____

Date: _____

WARM UP

Stairmaster: _____:_____ Bike: _____:_____ Treadmill: _____:_____ Rower: _____:_____

STRETCH

**put X for completion*

Leg swings: Forward and Backward _____ Side to Side _____ Shoulder passthroughs _____

LOWER BODY _____ (squats, lunges, leg press, chair sits etc.)

Warm up sets

Set 1: _____ lbs, reps _____; Set 2: _____ lbs, reps _____; Set 3: _____ lbs, reps _____

Rest in between sets: _____:_____

5 sets of 5: _____ lbs, Rest in between sets _____:_____

PRESS _____ (chest or shoulders)

Warm up sets

Set 1: _____ lbs, reps _____; Set 2: _____ lbs, reps _____; Set 3: _____ lbs, reps _____

Rest in between sets: _____:_____

5 sets of 5: _____ lbs, Rest in between sets _____:_____

UPPER BODY _____ (bicep curl, triceps dips, extensions etc.)

Warm up sets

Set 1: _____ lbs, reps _____; Set 2: _____ lbs, reps _____; Set 3: _____ lbs, reps _____

Rest in between sets: _____:_____

5 sets of 5: _____ lbs, Rest in between sets _____:_____

CARDIO DAY

Stairmaster: _____:_____ Bike: _____:_____ Treadmill: _____:_____ Rower: _____:_____