Name_____

Workout Log

Warm-Up: 5 - 10 Min. Low Intensity Aerobic Activity followed by easy static stretches for major muscles, held 5 - 10 seconds each.

Date															Comments/Notes
CARDIO EXERCISE															
Treadmill															
Cycle															
SCIFIT Rotary Cardiovascular															
PRECOR Elliptical Crosstrainer															
MATRIX Elliptical															
Track															
RESISTANCE EXERCISE															**FREE WEIGHTS**
Seated Butterfly	Load														
Seat____ Arms____	Set														
	Reps														
Abdominal	Load														
Seat____	Set														
	Reps														
Biaxial Chest Press	Load														
Seat____ Arms____	Set														
	Reps														
Lat Pull Down	Load														
Seat____ Arms____	Set														
	Reps														
Leg Extension	Load														
Back____Legs____	Set														
Rom ___	Reps														
Leg Press	Load														
Seat____	Set														
	Reps														
Seated Leg Curl	Load														
Back____Legs____	Set														
Rom _____	Reps														
Lower Back	Load														
	Set														
	Reps														
Tricep	Load														
Seat____	Set														
	Reps														
Armcurl	Load														
Seat____	Set														
	Reps														
Load = Weight															
Cool-Down															
Flexibility															