

E X E R C I S E

MONDAY

CHEST + CARDIO

ACTUAL TIME TARGET TIME



DATE: _____

START TIME: _____

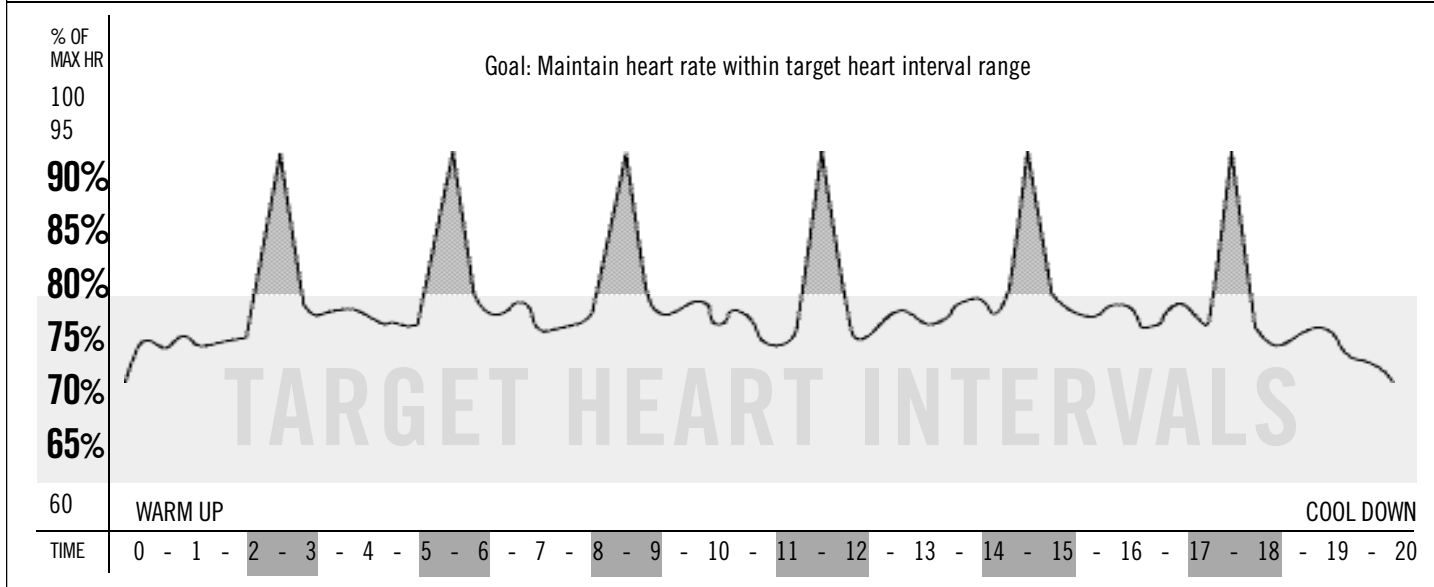
FINISH TIME: _____

CHEST – TARGET 20 MINUTES

EXERCISE 1	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your first chest exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	
EXERCISE 2	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your second chest exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		–	

CARDIO – TARGET 20 MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____



TUESDAY

BACK + CARDIO

ACTUAL TIME TARGET TIME



DATE: _____

START TIME: _____

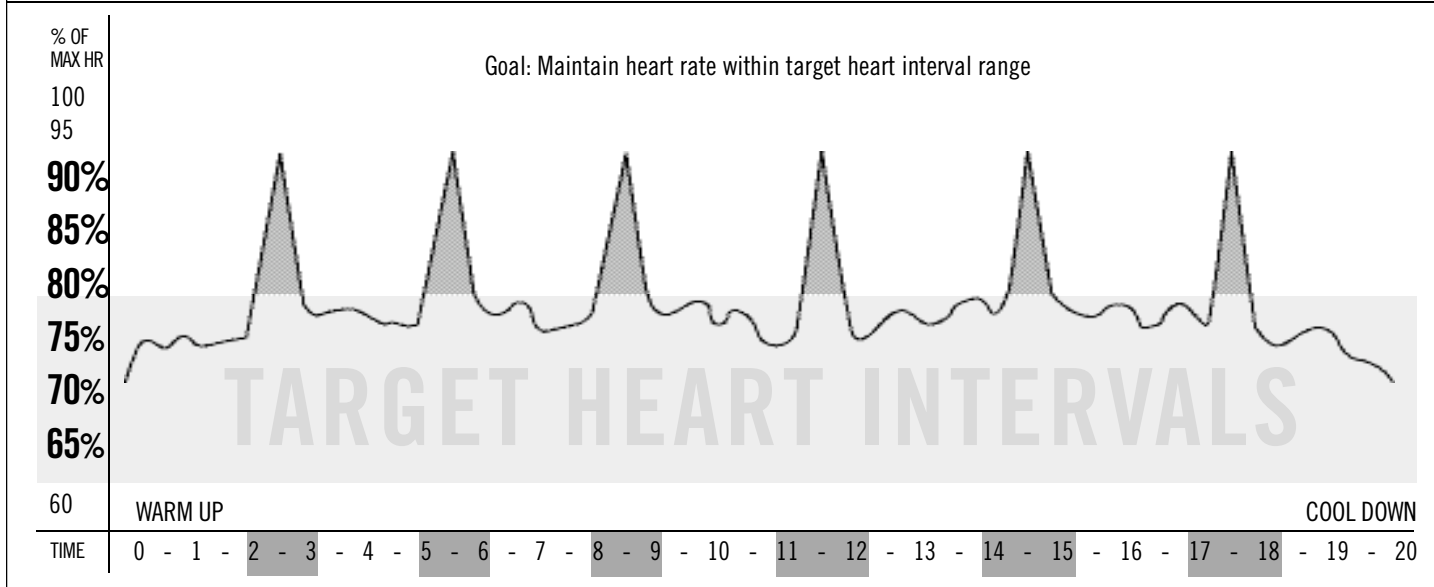
FINISH TIME: _____

BACK – TARGET 20 MINUTES

EXERCISE 1	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose your first back exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	
EXERCISE 2	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose your second back exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		–	

CARDIO – TARGET 20 MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____



WEDNESDAY

QUADS - HAMS + CARDIO

ACTUAL TIME TARGET TIME



DATE: _____

START TIME: _____

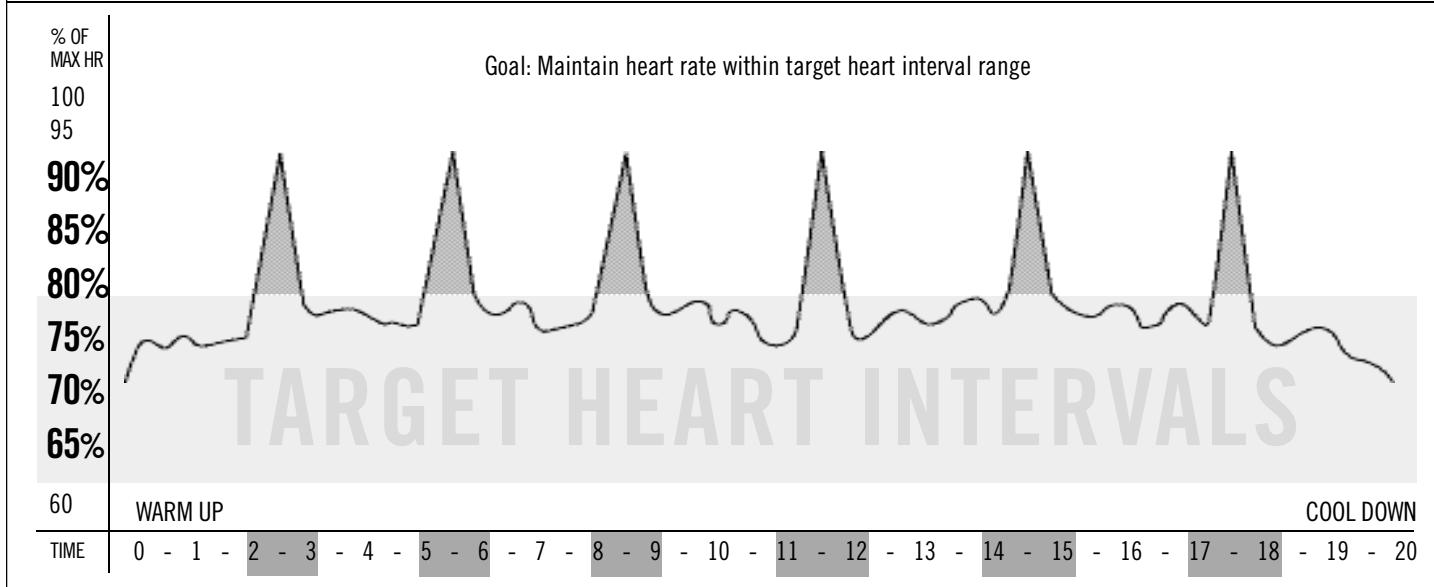
FINISH TIME: _____

QUADS/HAMS – TARGET 20 MINUTES

EXERCISE 1	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose your quads exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	
EXERCISE 2	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
(Choose your hams exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		–	

CARDIO – TARGET 20 MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____



THURSDAY

SHOULDERS + CARDIO

ACTUAL TIME TARGET TIME



DATE: _____

START TIME: _____

FINISH TIME: _____

SHOULDERS – TARGET 20 MINUTES

EXERCISE 1	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your first shoulders exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	
EXERCISE 2	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your first shoulders exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		–	

CARDIO – TARGET 20 MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____



FRIDAY

BICEPS + CARDIO

ACTUAL TIME TARGET TIME



DATE: _____

START TIME: _____

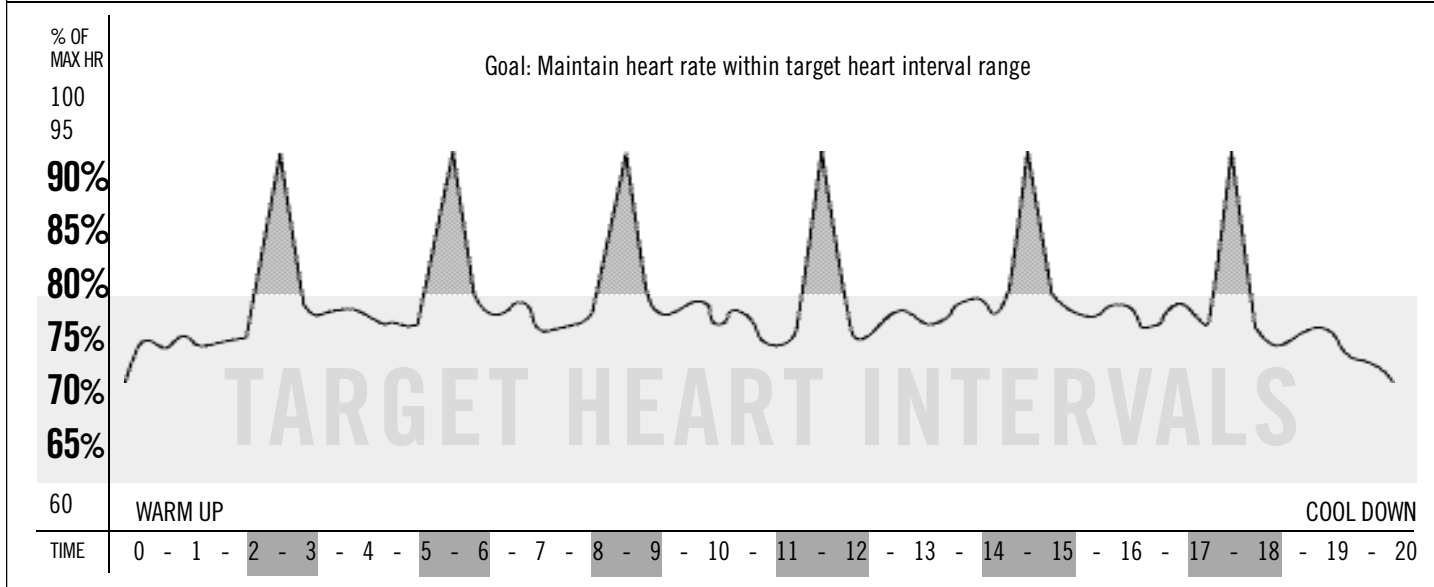
FINISH TIME: _____

BICEPS – TARGET 20 MINUTES

EXERCISE 1	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your first biceps exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	
EXERCISE 2	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your second biceps exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		–	

CARDIO – TARGET 20 MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____



SATURDAY

TRICEPS + CARDIO

ACTUAL TIME TARGET TIME



DATE: _____

START TIME: _____

FINISH TIME: _____

TRICEPS – TARGET 20 MINUTES

EXERCISE 1	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your first triceps exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		1	
EXERCISE 2	REPS	WEIGHT	REST (min.)	NOTES/ADJUSTMENTS
_____ (Choose your second triceps exercise)	15		1	
	10		1	
	5		1	
	5		1	
	10		1	
	15		–	

CARDIO – TARGET 20 MINUTES

_____ walking, jogging, bicycle, stairs, elliptical, swimming, other	TIME: _____
	DISTANCE: _____
	CALORIES BURNED: _____
	AVERAGE SPEED: _____
	OTHER: _____

