

Name: John Sample

# Workout Log

## Warm-Up Checklist

5-10 Min. low intensity aerobic activity

Easy static stretches for major muscles (5-10 sec) ea.

Seat	Exercise		Your Program		Date:															
	Bent Trail Leg Lunge	Weight	35	35																
		Reps	12	12																
	45 Degree Leg Sled Press	Weight	225	225																
		Reps	12	12																
	Machine Full Knee Flexion (Leg Curl)	Weight	75	75																
		Reps	12	12																
	Machine Full Knee Extension	Weight	110	110																
		Reps	12	12																
	Machine Straight Leg Heel Raise	Weight	200	200																
		Reps	12	12																
	Barbell Incline Bench Press	Weight	165	165																
		Reps	12	12																
	Cable Crossover	Weight	50	45																
		Reps	12	12																
	Cable Pulldown	Weight	140	140																
		Reps	12	12																
	Dumbbell High Row - Two Arm	Weight	40	40																
		Reps	12	12																
	Barbell Overhead Press	Weight	90	90																
		Reps	12	12																
	Dumbbell Side Raise	Weight	12	12																
		Reps	12	12																
	Curl Bar Pressup	Weight	35	30																
		Reps	12	12																
	Curl Bar Bicep Curl	Weight	50	45																
		Reps	12	12																
	Reverse Back Hyperextension	Weight	0	0																
		Reps	12	12																
	Combo Pelvic Tilt & Torso Curl	Weight	0	0																
		Reps	12	12																
	Downward Dog	Seconds	15																	
		Reps	1																	
	Hamstring Pullover	Seconds	15																	
		Reps	1																	

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Seat	Exercise		Your Program	Date:																
	Racing Hip Stretch	Seconds	15																	
		Reps	1																	
	Tricep Stretch Across Body	Seconds	15																	
		Reps	1																	
	Arm-Overhead Tricep Stretch	Seconds	15																	
		Reps	1																	
	Bicep Pull-Back	Seconds	15																	
		Reps	1																	

Perform this workout from: 12/7/03 to 1/6/04 on these days of the week: **MWF**