

FITNESS

by *Ava*

Name _____

Wt. _____

Days of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Date	/	/	/	/	/	/	
Cardiovascular	minutes	minutes	minutes	minutes	minutes	minutes	
Warm up	10	10	10	10	10	10	60
Walk / Jog	35	35	40	40	40	45	235
Lower Body Strength	S/R/W	S/R/W	S/R/W	S/R/W	S/R/W	S/R/W	
Gluteus Maximus (Squats)	3/12/50		3/12/50		3/12/50		
Quadriceps (Leg Extention)	3/12/50		3/12/50		3/12/50		
Hamstrings (Leg Curl)	3/12/50		3/12/50		3/12/50		
Adductors (Sumu Squat)		3/12/20		3/12/50		3/12/50	
Abductors (Hips)		3/12/20		3/12/50		3/12/50	
Calf Raises		3/12/20		3/12/50		3/12/50	
Upper Body Strength	S/R/W	S/R/W	S/R/W	S/R/W	S/R/W	S/R/W	
Pectorals (Chest)	3/12/10		3/12/10		3/12/10		
Latissimus Dori (Back)	3/12/10		3/12/10		3/12/10		
Biceps (Front of the Arms)		3/12/10		3/12/10			
Triceps (Back of the Arms)		3/12/10		3/12/10			
Front Deltoids	3/12/10		3/12/10		3/12/10		
Middle Deltoids	3/12/10		3/12/10		3/12/10		
Shoulder Press		3/12/10		3/12/10			
Abdominal	S/R	S/R	S/R	S/R	S/R	S/R	
Stretch	+	+	+	+	+	+	

Warm up before workouts

A 6 Day workout sheet // Example sheet

S/R/W --- Set/Reps/Weights

Always Stretch 5 to 10 Minutes after workouts