

Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout/Exercise Workout 1 Date: _____	Workout/Exercise Workout 4 Date: _____	Workout/Exercise Rest Date: _____	Workout/Exercise Workout 2 Date: _____	Workout/Exercise Workout 3 Date: _____	Workout/Exercise Workout 4 Date: _____	Workout/Exercise Rest Date: _____
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<div> Workout 1 <ul style="list-style-type: none"> 1. Cardiovascular-Walking/Jogging (5min.) 2. Barbell Bench Press 3. Barbell Incline Bench Press 4. Dumbbell Flyes 5. Dumbbell Bench Press 6. Barbell Rows </div> <div> Workout 2 <ul style="list-style-type: none"> 7. Lat Pull Downs 8. One Arm Bent Rows 9. Pull ups 10. Cardiovascular-Walking/Jogging </div> <div> Workout 3 <ul style="list-style-type: none"> 1. Barbell Curls 2. Alternate Dumbbell Curls 3. Seated hammer curls 4. Chin ups 5. Tricep Extensions 6. Tricep Pushdowns 7. Tricep Kickbacks 8.Wrist curls 9. Cardio (5-10 min.) </div> <div> Workout 4 <ul style="list-style-type: none"> 1. Jog for 10 mins. 2. Bike for 10 mins. 3. Cardio workout 10 mins. </div> <div> Workout 5 <ul style="list-style-type: none"> 1. Squats 2. Leg Extensions 3. Leg Curls 4. Seated Calf Raises 5. Leg Press calf raises 6. Military Press 7. Front Raises </div>						