

Month 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Off	Workout 1	Workout 2	Workout 1	Off

WORKOUT 1				
Exercise	Time	Sets	Reps	Procedure
1. Treadmill	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Leg Extensions		2-3	15-25	
3. Leg Curls		2-3	15-25	
4. Leg Press		2-3	15-20	
5. Tricep Pushdowns		2-3	15-20	
6. Machine Bicep Curls		2-3	15-20	
7. Machine Back Rows		2-3	15-20	
8. Stairstepper	10 Mins			
9. Elliptical	25 Mins			125 Strides per minute
WORKOUT 2				
Exercise	Time	Sets	Reps	Procedure
1. Walk/Jog	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Upright Bike	15 mins			Keep your RPM above 75
3. Elliptical Glider	15mins			Keep your strides above 125
4. Crunches		2-3	25	

Month 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Off	Workout 1	Workout 2	Workout 1	Off

WORKOUT 1				
Exercise	Time	Sets	Reps	Procedure
1. Treadmill	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Leg Extensions		2-3	15-25	
3. Leg Curls		2-3	15-25	
4. Leg Press		2-3	15-20	
5. Tricep Pushdowns		2-3	15-20	
6. Machine Bicep Curls		2-3	15-20	
7. Machine Back Rows		2-3	15-20	
8. Stairstepper	10 Mins			
9. Elliptical	25 Mins			125 Strides per minute
WORKOUT 2				
Exercise	Time	Sets	Reps	Procedure
1. Treadmill	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Upright Bike	15 mins			Keep your RPM above 75
3. Stairstepper	10 mins			
4. Elliptical Glider	5 mins			Keep your strides above 125
5. Treadmill	5 mins			Do walk/jog intervals until you can jog the entire 5 mins. Nonstop.

Month 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Workout 2	Off	Workout 1	Workout 2	Workout 1	Off

WORKOUT 1

Exercise	Time	Sets	Reps	Procedure
1. Treadmill	20 mins			Do walk/jog intervals until you can jog the entire 20 mins. Nonstop.
2. Lat Pulldowns		2-3	15-25	
3. Machine Back Rows		2-3	15-25	
4. Leg Press		2-3	15-20	
5. Leg Curls		2-3	15-20	
6. Triceps Pushdowns		2-3	15-20	
7. Alternate dumbbell curls		2-3	15-20	
8. Crunches		2-3	15-25	
9. Treadmill	10 Mins			

WORKOUT 2

Exercise	Time	Sets	Reps	Procedure
1. Upright Bike	5 mins			Keep your RPM above 75
2. Treadmill	10 mins			
3. Bench Press		15-20	15-20	
4. Machine Flyes		15-20	15-20	
5. Crunches		15-20	15-20	
6. Side Crunches		15-20	15-20	
7. Leg Lifts		15-25	15-25	
8. Elliptical Machine	10mins			

Exercise Log Sheet

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