

# Get and Stay in Shape Workout 1-

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Warm Up: 5 Minutes of cardio of choice (Preferably elliptical or rower)

## WEIGHT, STRENGTH & RESISTANCE TRAINING

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>NOTES</u>
Lat Pull Down		3	10	
Cable Row		3	10	
Back Extension		3	10	
Standing DB Bicep Curls		3	10	
Cable Rope Curls		3	10	
Hanging Knee Raises		2	15	
Abs Crunch (Machine)		2	15	

Cardio: Do 20 Minutes of Cardio at around 60 % of Max Effort. Choose Between Bike/Rower/Treadmill/Elliptical or Track Jogging.

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>

Warm Down: 5 Minutes track walking and stretch

## DIET & NUTRITION

<u>MEAL</u>	
PRE-WORKOUT:	
POST-WORKOUT:	
<b>OVERALL WORKOUT RATING (1-10)</b>	<b>Workout Notes:</b>

