

Get and Stay in Shape Workout 3-

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>
Leg Press		3	10	
Leg Extension		3	10	
Leg Curls		3	10	
Shoulder Press		3	10	
DB Front Raises		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:	

OVERALL WORKOUT RATING (1-10)	Workout Notes:
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