

# Young at HeartWorkout 1-

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

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

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

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

**Warm Up: 5 Minutes Walking around Track**

## WEIGHT, STRENGTH & RESISTANCE TRAINING

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>NOTES</u>
Seated Leg Extensions		2	10	
Seated Shoulder Press		2	10	
Pec Dec		2	10	
Seated Bicep Curl		2	10	
Seated Triceps Extension		2	10	

**Cardio: Do 15 Minutes of Cardio Exercises (Bike/Treadmill/Rower/Elliptical/Track Walking)**

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

**Warm Down: 5 Minute slow walk around track and light stretch**

## DIET & NUTRITION

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