

Young at Heart Workout 2-

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>
Chest Press		2	10	
Back Row		2	10	
Back Extension		2	10	
Abs Crunch		2	10	
LatPull down		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

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

