

Name _____ Workout Guide and Tracking Clear Lake

FOR BEGINNERS: Split up your workout. UPPER BODY on one day, and LOWER BODY/CORE on another day.

Give yourself a day of rest in between when working the same muscle. Do 10 reps on each machine and go through that circuit 3 times.

Go to www.sunshinecommunityfitnesscenter.com and click on orientation, then click on each link to get videos of each machine.

UPPER BODY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cardio - Warm up on cardio for 10-30 min												
Bicep Curl - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Tricep Press - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Chest Press Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Shoulder Press - Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Lat Pull Down - Start Weight _____		/ /			/ /			/ /			/ /	
On Lift Machine. Pull from above.		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Back Row - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Low Back Extension		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Bonus: Chest/Shoulder Machine		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	

LOWER BODY/CORE

	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
Cardio - Warm up on cardio for 10-30 min												
Leg Press - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Calf Raises - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Leg Extension - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Leg Curl - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Ab Machine – Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Legs Machine- Start Weight _____		/ /			/ /			/ /			/ /	
Inner Thigh		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Legs Machine- Start Weight _____		/ /			/ /			/ /			/ /	
Outer Thigh		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Bonus: Leg Raises		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	