Name _____ **Workout Guide and Tracking Balsam 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 Dumbbell Curl- Start Weight_____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Tricep Over Head Extension -		/ /			/ /			/ /			/ /	
Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Chest Press Start Weight_____		/ /			/ /			/ /			/ /	
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Shoulder Press - Weight _____		/ /			/ /			/ /			/ /	
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Lat Pull Down- Start Weight ____		/ /			/ /			/ /			/ /	
On Lift Machine. Pull from above.		/ /			/ /			/ /			/ /	
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Low Row- Start Weight _____		/ /			/ /			/ /			/ /	
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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 _____		/ /			/ /			/ /			/ /	
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Calf Raises- Start Weight_____		/ /			/ /			/ /			/ /	
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Leg Extension- Start Weight _____		/ /			/ /			/ /			/ /	
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Leg Curl- Start Weight _____		/ /			/ /			/ /			/ /	
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Ab Bench – Start Weight _____		/ /			/ /			/ /			/ /	
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Low Back Extension		/ /			/ /			/ /			/ /	
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