

Name: _____ [Workout Guide and Tracking for Amery](#)

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
<u>Cardio-</u>												
Warm up on a cardio machine for 10-30 min												
<u>Shoulder Press</u> - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Chest Press</u> - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Pec Fly</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Rear Delt</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Triceps</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Biceps</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Lat Pull Down</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Row</u> - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	

LOWER BODY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<u>Cardio-</u>												
Warm up on a cardio machine for 10-30 min												
<u>Abdominal</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Back Extension</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Outer Thigh</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Inner Thigh</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Leg Curl</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Leg Extension</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
<u>Leg Press</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Calf Extension</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	