

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 _____		/ /			/ /			/ /			/ /	
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		/ /			/ /			/ /			/ /	
Tricep Over Head Extension - Start Weight _____		/ /			/ /			/ /			/ /	
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Chest Press Start Weight _____		/ /			/ /			/ /			/ /	
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Shoulder Press - Weight _____		/ /			/ /			/ /			/ /	
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Incline 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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