

Name: \_\_\_\_\_ [Workout Guide and Tracking for Cumberland](#)

**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](http://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
<a href="#">Cardio-</a>												
Warm up on a cardio machine for 10-30 min												
<a href="#">Fly</a> - Start Weight _____		/ /			/ /			/ /			/ /	
Arm Height _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
<a href="#">Lateral Raise</a> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<a href="#">Overhead Press</a> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<a href="#">Chest Press</a> - Start Weight _____		/ /			/ /			/ /			/ /	
Arm Height _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
<a href="#">Arm Curl</a> - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
<a href="#">Arm Extension</a> - Start Weight _____		/ /			/ /			/ /			/ /	
Back Height _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
<a href="#">Lat Pull Down</a> - - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<b>Bonus:</b> <a href="#">Assisted Pull Up/Dip Station</a>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	

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>Ab Crunch</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Back Extension</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Hip Abduction/Outer Thigh</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Same machine as below		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
<u>Hip Adduction/Inner Thigh</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Same machine as above		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
<u>Seated Leg Curl</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
<u>Leg Extension</u> Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
<b>Bonus:</b> <u>Ab Bench</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<b>Bonus:</b> <u>Leg Raises</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<b>Bonus:</b> <u>Low back extension</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<b>Bonus:</b> <u>Low Row</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	