

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

**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
<u><a href="#">Cardio-</a></u>												
Warm up on a cardio machine for 10-30 min												
<u><a href="#">Arm Curl- Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
Seat Height_____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u><a href="#">Arm Extension - Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
Seat Height_____		/ /			/ /			/ /			/ /	
Back Setting_____		/ /			/ /			/ /			/ /	
<u><a href="#">Overhead Press- Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
Seat Height_____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u><a href="#">Rear Delt - Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
Seat Height_____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u><a href="#">Chest Fly- Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
Seat Height_____		/ /			/ /			/ /			/ /	
(Same Machine as Rear Delt)		/ /			/ /			/ /			/ /	
<u><a href="#">Chest Press - Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
Seat Height_____		/ /			/ /			/ /			/ /	
Back Setting_____		/ /			/ /			/ /			/ /	
<u><a href="#">Lat Pull Down - Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
Leg Height_____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u><a href="#">Row - Start Weight</a></u> _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	

LOWER BODY	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps	Date	Weight	Reps
<b>Cardio-</b>												
Warm up on a cardio machine for 10-30 min												
<b>Leg Extension - Start Weight</b> _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
<b>Leg Curl- Start Weight</b> _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
<b>Outer Thigh- Start Weight</b> _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<b>Inner Thigh- Start Weight</b> _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
(Same machine as outer thigh)		/ /			/ /			/ /			/ /	
<b>Back Extension- Start Weight</b> _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
<b>Leg Press - Start Weight</b> _____		/ /			/ /			/ /			/ /	
Seat Setting _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
<b>Abdominal- Start Weight</b> _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	