

PERSONAL FITNESS LOG

Name _____ Date _____

Workout

5 to 10 minutes (warm up and stretching)

15 to 20 Minutes Cardio

Time

Rep/sets

Stair climber

5 min

Treadmill

Elliptical

10 min

Crunches (4 sets of 25)

10 min

3 set 25

or

Straight leg lifts

Pull ups

Push ups

Tuesday workout (Upper body) 2 sets of 10 repetitions

Bicep curls

3 set 10

Shoulder press

3 set 10

Lat Pull down

3 sets 10

Tricep extension

3 sets 10

Thursday workout (lower body) 2 sets of 10 repetitions

Leg press

Seated Calf Raise

Leg Curls

Step ups

Abduction/Adduction