

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
Cardio-												
Warm up on a cardio machine for 10-30 min												
Shoulder Press - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Chest Press - Start Weight _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Pec Fly - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Rear Delt - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Triceps - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Biceps - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Lat Pull Down - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Row - 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												
Abdominal - Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Back Extension- Start Weight _____		/ /			/ /			/ /			/ /	
Seat Height _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Outer Thigh</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
<u>Inner Thigh</u> - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Leg Curl- Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Leg Extension - Start Weight _____		/ /			/ /			/ /			/ /	
Leg Setting _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
Leg Press- Start Weight _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Calf Extension- Start Weight _____		/ /			/ /			/ /			/ /	
Back Setting _____		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	