

Name _____

Workout Guide and Tracking Clear 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 Curl - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Tricep Press - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Chest Press Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Shoulder Press - Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Lat Pull Down - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
| On Lift Machine. Pull from above. | | / / | | | / / | | | / / | | | / / | |
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| Back Row - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Low Back Extension | | / / | | | / / | | | / / | | | / / | |
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| | | / / | | | / / | | | / / | | | / / | |
| Bonus: Chest/Shoulder Machine | | / / | | | / / | | | / / | | | / / | |
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| | | / / | | | / / | | | / / | | | / / | |

LOWER BODY/CORE

| | Date | Weight | Reps | Date | Weight | Reps | Date | Weight | Reps | Date | Weight | Reps |
|--|------|--------|------|------|--------|------|------|--------|------|------|--------|------|
| Cardio - Warm up on cardio for 10-30 min | | | | | | | | | | | | |
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| Leg Press - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Calf Raises - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Leg Extension - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Leg Curl - Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Ab Machine – Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
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| Legs Machine- Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
| Inner Thigh | | / / | | | / / | | | / / | | | / / | |
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| Legs Machine- Start Weight _____ | | / / | | | / / | | | / / | | | / / | |
| Outer Thigh | | / / | | | / / | | | / / | | | / / | |
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| Bonus: Leg Raises | | / / | | | / / | | | / / | | | / / | |
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