

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

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_____		/ /			/ /			/ /			/ /	
Bonus: <u>Ab Bench</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Bonus: <u>Leg Raises</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Bonus: <u>Low back extension</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
Bonus: <u>Low Row</u>		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	
		/ /			/ /			/ /			/ /	