


 Program Date: _____
 Name: _____


Cardio		4 Cardio	
Cardio		5 Leg Ext	
Cardio		6 Lat pull down	
Cardio		7 Cardio	
Cardio		8 Cardio	
1 Leg Curl		9 Cardio	
2 Peck Deck		10 D/B Row	
3 Cardio		11 Wall Squat	


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 Remember: Slow, controlled movements Abdominals tight, shoulders back!							
12 Cardio		19 Bi/Tri					
13 Cardio		20 Sh/Lats					
14 Chest Press		21 D/B Shoulders					
15 Add/Abb		22 Triceps					
16 Cardio		23 Biceps					
17 Cardio		24 Abdominals					
18 Fly Back		25 Abdominals					
Cardio and Stretch							

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