Workout Sheet

Day 1 Date:_____

Muscle Group	Exercise Name	Wt.	Rep1	Wt.	Rep2	Wt.	Rep3	Wt.	Rep4
Abdomen	Crunches								
Thigh	Leg Press								
Chest	Bench Press								
Back	Low Rows								
Shoulder	Standing press								
Front Arm	Biceps Barbell Curl								
Back Arm	Triceps Barbell Extension								
Calf	Calf raises								

Day 2 Date:_____

Muscle Group	Exercise Name	Wt.	Rep1	Wt.	Rep2	Wt.	Rep3	Wt.	Rep4
Abdomen	Crunches								
Thigh	Leg Extension								
Chest	Incline Bench Press								
Back	Lateral Pull Down								
Shoulder	Sitting press								
Front Arm	Biceps Dumbbell Curl								
Back Arm	Triceps Push Down								
Calf	Sitting Calf raises								

Day 3 Date:_____

Muscle Group	Exercise Name	Wt.	Rep1	Wt.	Rep2	Wt.	Rep3	Wt.	Rep4
Abdomen	Crunches								
Thigh	Lunge								
Chest	Decline Bench Press								
Back	Low Rows								
Shoulder	Press Machine								
Front Arm	Biceps Barbell Curl								
Back Arm	Seated Dips								
Calf	Calf raises								