NAME: _____

30-Minute Workout: *Beginning, Intermediate & Advanced*

DATE:	/	/	/	/	/	/	/	/	/	/	/	/
EXERCISE	**Weight / Reps**	**Goal:** _____ **Starting Date:** ___/___/___ **Goal Date:** ___/___/___						***STRIVE TO INCREASE WEIGHT OR REPETITIONS EACH WEEK***				
1 **Abdominal**												
2 **Shoulder Press**												
3 **Low Back**												
4 **Chest Press**												
5 **Rowing**												
6 **Super Leg Press**												
7 **Arm Curl**												
8 **Tricep Press**												
9 **Abductor**												
10 **Leg Extension**												
11 **Seated Leg Curl**												
Cardio Workout Time:												
Target Heart Rate:												
Cardio Workout Type:												