

Name:			Class:			Name:			Class:		
<u>Station</u>	<u>#</u>	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>	<u>Date</u>	<u>Station</u>	<u>#</u>	<u>Weight</u>	<u>Sets</u>	<u>Reps</u>	<u>Date</u>
Treadmill	1	5 Minutes	Check	Check	Check	Treadmill	1	5 Minutes	Check	Check	Check
Bicep Curl	2		3	15		Bicep Curl	2		3	15	
Bikes or Elliptical	3	5 Minues	Check	Check	Check	Bikes or Elliptical	3	5 Minues	Check	Check	Check
Ab Machine	4		3	15		Ab Machine	4		3	15	
Jumps - Box	5	5 Minutes	Check	Check	Check	Jumps - Box	5	5 Minutes	Check	Check	Check
Bands	6		3	15		Bands	6		3	15	
Squats	7		3	15		Squats	7		3	15	
Bench Press	8		3	15		Bench Press	8		3	15	
Crunches	9	5 Minutes	Check	Check	Check	Crunches	9	5 Minutes	Check	Check	Check
Butterflys	10		3	15		Butterflys	10		3	15	
Legs	11	5 Minutes	Check	Check	Check	Legs	11	5 Minutes	Check	Check	Check
Upright Row	12		3	15		Upright Row	12		3	15	
Push-ups	13	5 minutes	Check	Check	Check	Push-ups	13	5 minutes	Check	Check	Check
Rows or Lat Pull	14		3	15		Rows or Lat Pull	14		3	15	
Punching Bag	15	5 Minutes	Check	Check	Check	Punching Bag	15	5 Minutes	Check	Check	Check
Leg Ext & Curls	16		3	15		Leg Ext & Curls	16		3	15	