GYM WORKOUT CHECKLIST

Day 1	Day 3
Activity:	Activity:
□ 15 minutes cardio warm-up	□ 15 minutes cardio warm-up
□ Leg Press Machine	□ Leg Press Machine
□ Lat Pull Down Machine	□ Lat Pull Down Machine
□ Leg Extension Machine	□ Leg Extension Machine
□ Barbell Bench Press	□ Barbell Bench Press
□ Seated Leg Curls	□ Seated Leg Curls
□ Seated Cable Row	☐ Seated Cable Row
□ Standing Calf Raise	□ Standing Calf Raise
□ Ab Crunch Machine	□ Ab Crunch Machine
□ Torso Rotation Machine	☐ Torso Rotation Machine
□ 15 minutes cardio cool down	□ 15 minutes cardio cool down
Day 2	Day 4
Activity:	Activity:
□ 15 minutes cardio warm-up	□ 15 minutes cardio warm-up
□ Seated Cable Row	☐ Seated Cable Row
□ Seated Leg Curl	□ Seated Leg Curl
□ Dumbbell Curl	□ Dumbbell Curl
□ Walking Dumbbell Lunge	□ Walking Dumbbell Lunge
□ Tricep Push Down	□ Tricep Push Down
□ Walking On Toes w/ Dumbbells	□ Walking On Toes w/ Dumbbells
□ Decline Ab Crunch	□ Decline Ab Crunch
□ Torso Rotation Machine	□ Torso Rotation Machine
□ 15 minutes cardio cool down	□ 15 minutes cardio cool down

** Do each leg exercise with 3 sets of 10 reps, resting 60 seconds in between. For arms, do 2 sets of 15 reps, resting 60 seconds in between**