## GYM WORKOUT CHECKLIST

### Day 1
**Activity:**
- □ 15 minutes cardio warm-up
- □ Leg Press Machine
- □ Lat Pull Down Machine
- □ Leg Extension Machine
- □ Barbell Bench Press
- □ Seated Leg Curls
- □ Seated Cable Row
- □ Standing Calf Raise
- □ Ab Crunch Machine
- □ Torso Rotation Machine
- □ 15 minutes cardio cool down

### Day 2
**Activity:**
- □ 15 minutes cardio warm-up
- □ Seated Cable Row
- □ Seated Leg Curl
- □ Dumbbell Curl
- □ Walking Dumbbell Lunge
- □ Tricep Push Down
- □ Walking On Toes w/ Dumbbells
- □ Decline Ab Crunch
- □ Torso Rotation Machine
- □ 15 minutes cardio cool down

### Day 3
**Activity:**
- □ 15 minutes cardio warm-up
- □ Leg Press Machine
- □ Lat Pull Down Machine
- □ Leg Extension Machine
- □ Barbell Bench Press
- □ Seated Leg Curls
- □ Seated Cable Row
- □ Standing Calf Raise
- □ Ab Crunch Machine
- □ Torso Rotation Machine
- □ 15 minutes cardio cool down

### Day 4
**Activity:**
- □ 15 minutes cardio warm-up
- □ Seated Cable Row
- □ Seated Leg Curl
- □ Dumbbell Curl
- □ Walking Dumbbell Lunge
- □ Tricep Push Down
- □ Walking On Toes w/ Dumbbells
- □ Decline Ab Crunch
- □ Torso Rotation Machine
- □ 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.**