

# WEEKLY WORKOUT SHEET

NAME: _____				WEEK # _____			DATES: _____			
	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	BEST
<b>Chest Exercises</b>										
___ Bench Press										
___ Flys										
___ Dips										
___ Incline Press										
___ Push Ups										
<b>Shoulder Exercises</b>										
___ Military Press										
___ Lateral Raises										
___ Front Raises										
___ Bentover Raises										
<b>Back Exercises</b>										
___ Lat Pulls										
___ T Bar Rows										
___ Pull Ups										
___ Dumbbell Rows										
___ Seated Rows										
___ Shrugs										
<b>Bicep Exercises</b>										
___ Curls										
___ Preacher Curls										
___ Dumbbell Curls										
<b>Tricep Exercises</b>										
___ Tricep Extensions										
___ Tricep Press Down										
___ Dumbbell Press Up										
<b>Quad Exercises</b>										
___ Squats										
___ Lunges										
___ Leg Extension										
<b>Hamstring Exercises</b>										
___ Leg Curls										
___ Ham/Glute										
___ Good Mornings										
<b>Calf Exercises</b>										
___ Seated Calf Raises										
___ Standing Calf Raises										
<b>Stomach Exercises</b>										
___ Sit Ups										
___ Crunches										
___ Bicycles										
___ Leg Lifts										
___ Roman Chair										
___ Circles Scooter										
___ Planks										
<b>Misc. Exercises</b>										
___ Foam Roller										
___ Forearm Machine										
___ Wrist Curls										
___ Neck Machine										
___ Dead Lift										
___ Power Cleans										
<b>Cardiovascular</b>										
___ Running										
___ Bicycle										
___ Jump Rope										
___ Rowing Machine										
<b>Circuits</b>										
<b>TEACHERS INITIALS</b>										