



# Workout Card

Name:  
Trainer:  
Location:

Exercise	Machine #	Date										
	Setting											
1		/	/	/	/	/	/	/	/	/	/	/
Weight		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
2		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
3		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
4		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
5		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
6		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
7		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
8		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
9		/	/	/	/	/	/	/	/	/	/	/
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.

### How Many Times?

Perform each movement for 2 sets of 12 to 15 repetitions.

### What Is Proper Breathing Technique?

Exhale while contracting targeted muscle group (weight stack is going up).  
Inhale when targeted muscle group is releasing (weight stack is going down).

### How Much Weight?

Proper weight selection should make the last 2 repetitions challenging.

### What Should I Bring?

Bring a towel, workout clothes, athletic shoes, and a bottle of water.

See a Personal Trainer in 30 days for a complimentary fitness assessment to track your progress.

It's always our pleasure to assist you!

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