

DATE

Aerobic Exercise								
	HR							
	Time							
	Level/speed							
	HR							
	Time							
	Level/speed							
	HR							
	Time							
	Level/speed							

Strength Exercise								
Lat Pulldowns	wt							
	rep							
	set							
Seated Rows	wt							
	rep							
	set							
Chest Press	wt							
	rep							
	set							
Shoulder Press	wt							
	rep							
	set							
Bicep Curls	wt							
	rep							
	set							
Tricep Extensions	wt							
	rep							
	set							
Supine Leg Press	wt							
	rep							
	set							
Seated Leg Press	wt							
	rep							
	set							
Leg Curls	wt							
	rep							
	set							
Leg Extensions	wt							
	rep							
	set							
Abdominals	wt							
	rep							
	set							
	wt							
	rep							
	set							

Start with 2 sets of 12 repetitions. Be sure to choose a weight where the 12th repetition is hard! When your chosen weight starts to get fairly easy increase your selected weight. Perform every exercise in a slow controlled movement.

Your Routine: 5 minutes of warm-up (I suggest the elliptical). Your strength program should take about 20 minutes. Then conclude your workout with 30 minutes of cardio (treadmill, elliptical, or bike). Be sure to keep your heart rate within your target heart rate zone during your Cardio exercise (take 220-Age, this is your MaxHR, workout at about 70% of your MaxHR).