**Fitness Program**

**Lower Body, Abdominal, & Cardio Days**

Name: \*24hr rest between working a muscle set Target Heart Rate:

* Keep track of the number of repetitions and sets you do of each exercise (For cardio check your heart rate)
* Two options: 1) Work the same muscle group multiple times in a row to tire them, 2) Work through a cycle of muscle group exercises
  + Cycle = Do quadriceps exercise, then hamstring exercise, then abdominal exercise, and then cardio before starting again.

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| **Exercises** | Reps/Sets |  |  |  |  |  |  |  |  |  |
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| ***Heart Rate*** |  |  |  |  |  |  |  |  |  |  |
| **HRR** |  |  |  |  |  |  |  |  |  |  |

**Fitness Program**

**Chest, Back & Arms Days**

Name: \*24hr rest between working a muscle set Target Heart Rate:

* Keep track of the number of repetitions and sets you do of each exercise (For cardio check your heart rate)
* Do multiple movement exercises before single, wherever possible. (Push Ups before bicep curls)
* Two options: 1) Work the same muscle group multiple times in a row to tire them, 2) Work through a cycle of muscle group exercises
  + Cycle = Do quadriceps exercise, then hamstring exercise, then abdominal exercise, and then cardio before starting again.

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| **Exercises** | Reps/Sets |  |  |  |  |  |  |  |  |  |
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| ***Heart Rate*** |  |  |  |  |  |  |  |  |  |  |
| **HRR** |  |  |  |  |  |  |  |  |  |  |

**Fitness Program: Full Body Work Out**

Name: \*24hr rest between working a muscle set Target Heart Rate:

* Write down the number of repetitions/sets and or weight you do of each exercise, or duration if you are trying plank, etc.

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|  | **Exercise** | Preliminary |  |  |  |  |  |  |  |  |  |
| ***1*** |  |  |  |  |  |  |  |  |  |  |  |
| ***2*** |  |  |  |  |  |  |  |  |  |  |  |
| ***3*** |  |  |  |  |  |  |  |  |  |  |  |
| ***4*** |  |  |  |  |  |  |  |  |  |  |  |
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| ***9*** |  |  |  |  |  |  |  |  |  |  |  |
| ***10*** |  |  |  |  |  |  |  |  |  |  |  |
| ***11*** |  |  |  |  |  |  |  |  |  |  |  |
| ***12*** |  |  |  |  |  |  |  |  |  |  |  |
| ***13*** |  |  |  |  |  |  |  |  |  |  |  |
| ***Heart Rate*** | ------- |  |  |  |  |  |  |  |  |  |  |
| **HRR** | ------- |  |  |  |  |  |  |  |  |  |  |