

BE FIT, STAY FIT WORKOUT CARD



	BODY PART: EXERCISE/LIFT	MONTH /DAY											
	UPPER BODY WORKOUTS 8-12 REPETITIONS	CHEST: (2)											
* Chest Press/Bench Press 8-12 repetitions													
UPPER BACK: (2)													
Lat Pulldown 8-12 repetitions													
SHOULDERS: (2)													
Lateral Raise 8-12 repetitions													
ARMS: (Both)													
Bicep Curl 8-12 repetitions													
LOWER BODY WORKOUTS 10-15 REPETITION	Tricep Push Downs 8-12 repetitions												
	HIPS: (1)												
	Squat / Leg Press 10-15 repetitions												
	LEGS: (2)												
	* Leg Extensions 10-15 repetitions												
	* Leg Curls 10-15 repetitions												
ABS:													
* Curl-Ups													

BB - BARBELL | DB - DUMBBELL | M - MACHINE | MR - MANUAL RESISTANCE | COLOR - BAND