

# BE FIT, STAY FIT WORKOUT CARD

	BODY PART: EXERCISE/LIFT	MONTH /DAY											
	UPPER BODY WORKOUTS 8-12 REPETITIONS	CHEST: (2)											
* Chest Press/Bench Press													
Bent Arm Press													
UPPER BACK: (2)													
Lat Pulldown													
* Seated Row													
Bent Over Row													
Pullover													
SHOULDERS: (2)													
Lateral Raise													
* Seated Press													
Upright Row													
ARMS: (Both)													
Bicep Curl													
Tricep Push Downs													
LOWER BODY WORKOUTS 10-15 REPETITIONS	LEGS: (3)												
	* Leg Extensions												
	* Leg Curls												
	Calf Raises												
	HIPS: (1)												
	Squat												
	* Leg Press												
	ABS:												
	* Curl-Ups												
	OPTIONAL (other Selected Exercises/Lifts):												