# Workout Card

| **BODY PART:** **Exercise/Lift** *Month /Day* | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| CHEST: (2) | | | | | | | | | | |
| * Chest Press / Bench Press **8-12 repetitions BB, M, DB** | | | | | | | | | | |
| Bent Arm Press **8-12 repetitions BB, M** | | | | | | | | | | |
| UPPER BACK: (2) | | | | | | | | | | |
| Lat Pulldown **8-12 repetitions M** | | | | | | | | | | |
| * Seated Row **8-12 repetitions M** | | | | | | | | | | |
| Bent Over Row **8-12 repetitions DB** | | | | | | | | | | |
| Pullover **8-12 repetitions M** | | | | | | | | | | |
| SHOULDERS: (2) | | | | | | | | | | |
| Lateral Raise **8-12 repetitions DB, M** | | | | | | | | | | |
| * Seated Press **8-12 repetitions DB, BB, M** | | | | | | | | | | |
| Upright Row **8-12 repetitions BB** | | | | | | | | | | |
| HIPS: (1) | | | | | | | | | | |
| Squat **10-15, 15-20 repetitions BB** | | | | | | | | | | |
| * Leg Press **10-15, 15-20 repetitions M** | | | | | | | | | | |
| LEGS: (3) | | | | | | | | | | |
| * Leg Extension **10-15 repetitions M** | | | | | | | | | | |
| * Leg Curl **10-15 repetitions M** | | | | | | | | | | |
| Calf Raise **10-15 repetitions M** | | | | | | | | | | |
| ARMS: (Both) | | | | | | | | | | |
| Bicep Curl **8-12 repetitions DB, BB, M** | | | | | | | | | | |
| Tricep Push Downs **8-12 repetitions M** | | | | | | | | | | |
| ABS: | | | | | | | | | | |
| *Curl-Ups | | | | | | | | | | |
| OPTIONAL (Other Selected Exercises / Lifts): | | | | | | | | | | |
| Example: Dips | | | | | | | | | | |
| *Twisting Curl-ups | | | | | | | | | | |