

GYM WORKOUT CHECKLIST

Day 1

Activity:

- 15 minutes cardio warm-up
- Leg Press Machine
- Lat Pull Down Machine
- Leg Extension Machine
- Barbell Bench Press
- Seated Leg Curls
- Seated Cable Row
- Standing Calf Raise
- Ab Crunch Machine
- Torso Rotation Machine
- 15 minutes cardio cool down

Day 2

Activity:

- 15 minutes cardio warm-up
- Seated Cable Row
- Seated Leg Curl
- Dumbbell Curl
- Walking Dumbbell Lunge
- Tricep Push Down
- Walking On Toes w/ Dumbbells
- Decline Ab Crunch
- Torso Rotation Machine
- 15 minutes cardio cool down

Day 3

Activity:

- 15 minutes cardio warm-up
- Leg Press Machine
- Lat Pull Down Machine
- Leg Extension Machine
- Barbell Bench Press
- Seated Leg Curls
- Seated Cable Row
- Standing Calf Raise
- Ab Crunch Machine
- Torso Rotation Machine
- 15 minutes cardio cool down

Day 4

Activity:

- 15 minutes cardio warm-up
- Seated Cable Row
- Seated Leg Curl
- Dumbbell Curl
- Walking Dumbbell Lunge
- Tricep Push Down
- Walking On Toes w/ Dumbbells
- Decline Ab Crunch
- Torso Rotation Machine
- 15 minutes cardio cool down

** Do each leg exercise with 3 sets of 10 reps, resting 60 seconds in between. For arms, do 2 sets of 15 reps, resting 60 seconds in between**