Health Promotion

Name: Date:
Notes: Beginner Strength Workout

	Date ⇒											
Day 1	AEROBIC EXERCISE											
	Db Chest Press	/	/	/	/	/	/	/	/	/	/	/
	DB Chest Flys	/	/	/	/	/	/	/	/	/	/	/
	Overhead Tricep Ext.	/	/	/	/	/	/	/	/	/	/	/
	Tricep Dips	/	/	/	/	/	/	/	/	/	/	/
	DB Shoulder Press	/	/	/	/	/	/	/	/	/	/	/
	Lateral Raise	/	/	/	/	/	/	/	/	/	/	/
DAY 2	AEROBIC EXERCISE											
	Abdominal Crunches	/	/	/	/	/	/	/	/	/	/	/
	Low Back Extensions	/	/	/	/	/	/	/	/	/	/	/
DAY 3	AEROBIC EXERCISE	/	/	/	/	/	/	/	/	/	/	/
	Squats	/	/	/	/	/	/	/	/	/	/	/
	Leg Extension	/	/	/	/	/	/	/	/	/	/	/
	Leg Curl	/	/	/	/	/	/	/	/	/	/	/
	Lat Pulldown	/	/	/	/	/	/	/	/	/	/	/
	Reverse Fly	/	/	/	/	/	/	/	/	/	/	/
	DB Bicep Curls	/	/	/	/	/	/	/	/	/	/	/
	Hammer Curls	/	/	/	/	/	/	/	/	/	/	/
DAY 4	AEROBIC EXERCISE											
	Abdominal Crunches	/	/	/	/	/	/	/	/	/	/	/
	Low Back Extensions	/	/	/	/	/	/	/	/	/	/	/

- Fill out date of exercise across top line. Fill in weight over repetitions in each box. Example: 140/12 = 140 lbs, 12 repetitions
- Flexibility training every day.

Health Promotion

Name: Date:
Notes: Intermediate Workout

	Date ⇒											
Day 1	Bench Press	/	/	/	/	/	/	/	/	/	/	/
	Incline Press	/	/	/	/	/	/	/	/	/	/	/
	Chest Fly	/	/	/	/	/	/	/	/	/	/	/
	Push ups	/	/	/	/	/	/	/	/	/	/	/
	Military Press	/	/	/	/	/	/	/	/	/	/	/
	Lateral Raise	/	/	/	/	/	/	/	/	/	/	/
	Tricep Kickbacks	/	/	/	/	/	/	/	/	/	/	/
	Overhead Extension	/	/	/	/	/	/	/	/	/	/	/
	Dips	/	/	/	/	/	/	/	/	/	/	/
Day 2	Squats	/	/	/	/	/	/	/	/	/	/	/
	Lunges	/	/	/	/	/	/	/	/	/	/	/
	Leg Curl	/	/	/	/	/	/	/	/	/	/	/
	Leg Extension	/	/	/	/	/	/	/	/	/	/	/
	Seated Calf Raises	/	/	/	/	/	/	/	/	/	/	/
DAY 3	Lat Pulldowns	/	/	/	/	/	/	/	/	/	/	/
	One Arm Row	/	/	/	/	/	/	/	/	/	/	/
	Pull Ups	/	/	/	/	/	/	/	/	/	/	/
	DB Curls	/	/	/	/	/	/	/	/	/	/	/
	Hammer Curls	/	/	/	/	/	/	/	/	/	/	/

Fill out date of exercise across top line. Fill in weight over repetitions in each box. Example: 140/12 = 140 lbs, 12 repetitions

* Abdominal Exercise: everyday * Aerobic Exercise: 30-60 minutes, at least 3x per week * Stretching: everyday

Health Promotion

Name: Date:
Notes: Advanced Strength Workout

	Date ⇒											
Day 1	Bench Press	/	/	/	/	/	/	/	/	/	/	/
	Incline Press	/	/	/	/	/	/	/	/	/	/	/
	Dips	/	/	/	/	/	/	/	/	/	/	/
	Close Grip Bench Press	/	/	/	/	/	/	/	/	/	/	/
	Overhead French Press	/	/	/	/	/	/	/	/	/	/	/
Day 2	Wide Grip Pull Ups	/	/	/	/	/	/	/	/	/	/	/
	T-Bar Row	/	/	/	/	/	/	/	/	/	/	/
	Lat Pulldowns	/	/	/	/	/	/	/	/	/	/	/
	Barbell Curls	/	/	/	/	/	/	/	/	/	/	/
	Preacher Curls	/	/	/	/	/	/	/	/	/	/	/
DAY 3	Squats	/	/	/	/	/	/	/	/	/	/	/
	Leg Press	/	/	/	/	/	/	/	/	/	/	/
	Leg Extension	/	/	/	/	/	/	/	/	/	/	/
	Hamstring Curl	/	/	/	/	/	/	/	/	/	/	/
	Dead Lifts	/	/	/	/	/	/	/	/	/	/	/
	Calf Raises	/	/	/	/	/	/	/	/	/	/	/
DAY 4	Military Press	/	/	/	/	/	/	/	/	/	/	/
	Upright Row	/	/	/	/	/	/	/	/	/	/	/
	Lateral Raises	/	/	/	/	/	/	/	/	/	/	/
	Dumbell Shrugs	/	/	/	/	/	/	/	/	/	/	/

Fill out date of exercise across top line. Fill in weight over repetitions in each box. Example: 140/12 = 140 lbs, 12 repetitions

* Abdominal Exercise: everyday * Aerobic Exercise: 30-60 minutes, at least 3x per week * Stretching: everyday

Health Promotion

Name: Date:
Notes: Routine Buster Workout

	Date ⇒											
Day 1	DB Incline Chest Press	/	/	/	/	/	/	/	/	/	/	/
	Pushups to failure	/	/	/	/	/	/	/	/	/	/	/
	*Chest Fly to failure	/	/	/	/	/	/	/	/	/	/	/
	Shoulder Press (rev. grip)	/	/	/	/	/	/	/	/	/	/	/
	Lateral Raise to failure	/	/	/	/	/	/	/	/	/	/	/
	*Shoulder Press to failure	/	/	/	/	/	/	/	/	/	/	/
	French Press	/	/	/	/	/	/	/	/	/	/	/
	Tricep Pushdown to failure											
	*Tricep Extension to failure	/	/	/	/	/	/	/	/	/	/	/
Day 2	Bent Over Row	/	/	/	/	/	/	/	/	/	/	/
	Pullups to failure	/	/	/	/	/	/	/	/	/	/	/
	* Lat Pulldown to failure	/	/	/	/	/	/	/	/	/	/	/
	Bicep Curl barbell	/	/	/	/	/	/	/	/	/	/	/
	Hammer Curl to failure	/	/	/	/	/	/	/	/	/	/	/
	*Seated bicep curl to failure	/	/	/	/	/	/	/	/	/	/	/
DAY 3	Leg Press	/	/	/	/	/	/	/	/	/	/	/
	Forward Lunge	/	/	/	/	/	/	/	/	/	/	/
	*Isometric Wall squat	/	/	/	/	/	/	/	/	/	/	/
	Abdominal Crunch	/	/	/	/	/	/	/	/	/	/	/
	Weighted Sit Up	/	/	/	/	/	/	/	/	/	/	/
	*Plank Hold to Failure	/	/	/	/	/	/	/	/	/	/	/

- Do these exercises at the end of the workout.
- 2 – 3 sets of each exercise.