Name _____ **3 SETS w/ REPS 40, 24, 16** BEGINNER WORKOUT #2

| | date | date | date | date | date | date | date | date | date | date | date | date | date | date | date |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Exercises** | | | | | | | | | | | | | | | |
| | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps |
| **Leg Extension** | | | | | | | | | | | | | | | |
| **Step Ups** | | | | | | | | | | | | | | | |
| **Seated Leg Curl** | | | | | | | | | | | | | | | |
| **Pull down** | | | | | | | | | | | | | | | |
| **Fly machine** | | | | | | | | | | | | | | | |
| **Upright Row** | | | | | | | | | | | | | | | |
| **Push ups** | | | | | | | | | | | | | | | |
| **Chin ups** | | | | | | | | | | | | | | | |
| **Hyperextension** | | | | | | | | | | | | | | | |
| **Ball Crunches** | | | | | | | | | | | | | | | |
| **Leg Lifts** | | | | | | | | | | | | | | | |
| **Decline Sit ups** | | | | | | | | | | | | | | | |
| **CARDIO:** | | | | | | | | | | | | | | | |
| **STRETCH** | | | | | | | | | | | | | | | |

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| **Exercises** | | | | | | | | | | | | | | | |
| | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps | wt/reps |
| **Leg Extension** | | | | | | | | | | | | | | | |
| **Step Ups** | | | | | | | | | | | | | | | |
| **Seated Leg Curl** | | | | | | | | | | | | | | | |
| **Pull down** | | | | | | | | | | | | | | | |
| **Fly machine** | | | | | | | | | | | | | | | |
| **Upright Row** | | | | | | | | | | | | | | | |
| **Push ups** | | | | | | | | | | | | | | | |
| **Chin ups** | | | | | | | | | | | | | | | |
| **Hyperextension** | | | | | | | | | | | | | | | |
| **Ball Crunches** | | | | | | | | | | | | | | | |
| **Leg Lifts** | | | | | | | | | | | | | | | |
| **Decline Sit ups** | | | | | | | | | | | | | | | |
| **CARDIO:** | | | | | | | | | | | | | | | |
| **STRETCH** | | | | | | | | | | | | | | | |