**WORKOUT SHEET**

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| Name: |  |  |  |

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| **MONDAY** |  | **TUESDAY** |
| Workout Type | Sets | Reps |  | Workout Type | Sets | Reps |
| ◻ Jumping Jacks◻ Squats◻ Push-ups◻ Crunches◻ High- Knees | 55338 | 0-80-50-60-70-10 |  | ◻ Bench Press ◻ Bicep curls◻ Triceps Dips◻ Dead Lift◻ Abs | 55338 | 0-80-50-60-70-10 |

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| **WEDNESDAY** |  | **THURSDAY** |
| Workout Type | Sets | Reps |  | Workout Type | Sets | Reps |
| ◻ Calf Extension◻ Squats◻ Dead Lift◻ Crunches◻ Bicep curls | 55338 | 0-80-50-60-70-10 |  | ◻ Bench Press◻ Dead Lift◻ Triceps Dips◻ Crunches◻ Bicep curls | 55338 | 0-90-50-60-70-10 |

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| **FRIDAY** |  | **SATURDAY** |
| Workout Type | Sets | Reps |  | Workout Type | Sets | Reps |
| ◻ Jumping Jacks◻ Squats◻ Push-ups◻ Crunches◻ High- Knees | 55338 | 0-80-50-60-70-10 |  | ◻ Bench Press ◻ Bicep curls◻ Triceps Dips◻ Dead Lift◻ Abs | 55338 | 0-90-50-60-70-10 |