**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 | 5  5  3  3  8 | 0-8  0-5  0-6  0-7  0-10 |  | ◻ Bench Press  ◻ Bicep curls  ◻ Triceps Dips  ◻ Dead Lift  ◻ Abs | 5  5  3  3  8 | 0-8  0-5  0-6  0-7  0-10 |

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| **WEDNESDAY** | | |  | **THURSDAY** | | |
| Workout Type | Sets | Reps |  | Workout Type | Sets | Reps |
| ◻ Calf Extension  ◻ Squats  ◻ Dead Lift  ◻ Crunches  ◻ Bicep curls | 5  5  3  3  8 | 0-8  0-5  0-6  0-7  0-10 |  | ◻ Bench Press  ◻ Dead Lift  ◻ Triceps Dips  ◻ Crunches  ◻ Bicep curls | 5  5  3  3  8 | 0-9  0-5  0-6  0-7  0-10 |

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| **FRIDAY** | | |  | **SATURDAY** | | |
| Workout Type | Sets | Reps |  | Workout Type | Sets | Reps |
| ◻ Jumping Jacks  ◻ Squats  ◻ Push-ups  ◻ Crunches  ◻ High- Knees | 5  5  3  3  8 | 0-8  0-5  0-6  0-7  0-10 |  | ◻ Bench Press  ◻ Bicep curls  ◻ Triceps Dips  ◻ Dead Lift  ◻ Abs | 5  5  3  3  8 | 0-9  0-5  0-6  0-7  0-10 |