

Lancaster Family YMCA Workout Card

Name _____

Personal Coach _____ Date _____



Each workout should begin with light warm-up
We suggest 8-12 reps and 1-2 sets if beginner
Each repetition should be 2-5 secs in length
Inhale at rest, exhale on exertion

Do not sacrifice technique for increased weight
For best results, work out at least 3 times/week
End each workout with cooldown and stretching
My heart rate training zone is ____ to ____

Notes:

Cardiovascular Exercise	Adjustments		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date	
	Speed	Resist.	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist	Time	Dist
Treadmill/Track																												
CrossTrainer																												
Bicycle																												
Rower																												
Stepper																												

Upper Body Strength	Adjustments		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date	
	Seat	Other	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
1. Dip/Chin Assist																												
2. Lat Pulldown																												
3. Pectoral Fly																												
4. Chest Press																												
5. Row (Back)																												
6. Overhead Press																												
7. Arm Extension																												
8. Arm Curl																												

Lower Body Strength	Adjustments		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date		Date	
	Seat	Other	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
9. Back Extension																												
10. Rotary Torso																												
11. Rotary Hip																												
12. Abductor/Add.																												
13. Leg Press																												
14. Abdominal																												
15. Leg Extension																												
16. Leg Curl																												