

Notes:


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 \_\_\_\_

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																												

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# Lancaster Family YMCA Workout Card - YMCA at New Holland

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	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																												

Core	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
Abdominal*																												
Back Extension*																												

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
Chest Press*																												
Row*																												
Deltoid Fly																												
Chest Fly																												
Shoulder Press																												
Bicep Curl																												
Tricep Extension																												

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
Leg Press*																												
Leg Extension																												
Seated Leg Curl																												
Glute Machine																												
Abductor																												
Adductor																												

## LANCASTER FAMILY YMCA

**City Center Branch**  
 265 Harrisburg Avenue  
 Lancaster, PA 17603  
 Phone: 717-393-9622  
 717-283-1984  
[lancasterymca.org](http://lancasterymca.org)

**Lampeter-Strasburg Branch**  
 800 Village Road  
 Lancaster, PA 17602  
 Phone: 717-464-4000  
 Fax: 717-283-1988  
[lancasterymca.org](http://lancasterymca.org)

**YMCA at New Holland**  
 123 North Shirk Road  
 New Holland, PA 17557  
 Phone: 717-354-4747  
 Fax: 717-355-9943  
[lancasterymca.org](http://lancasterymca.org)

**YMCA Camp Shand**  
 20 Penryn Lane, PO Box 339  
 Cornwall, PA 17016  
 Phone: 717-272-8001  
 Fax: 717-272-2633  
[lancasterymca.org](http://lancasterymca.org)

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	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	

Core	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		

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		

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		

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