

Lancaster Family YMCA Workout Card - YMCA at New Holland

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																												

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

Lampeter-Strasburg Branch
 800 Village Road
 Lancaster, PA 17602
 Phone: 717-464-4000
 Fax: 717-283-1988
lancasterymca.org

YMCA at New Holland
 123 North Shirk Road
 New Holland, PA 17557
 Phone: 717-354-4747
 Fax: 717-355-9943
lancasterymca.org

YMCA Camp Shand
 20 Penryn Lane, PO Box 339
 Cornwall, PA 17016
 Phone: 717-272-8001
 Fax: 717-272-2633
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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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