



Personal Training Workout

"Don't go through the motions, Get RESULTS"

NAME: Sample workout	START TIME:
DATE:	STOP TIME:
TRAINER:	TOTAL TIME:

GENERAL WARM UP	SPECIFIC WARM UP	COOL DOWN
5 min's dynamic	-	5 min's walk
	-	5 min's stretch

Day 1 – Lower Body

EXERCISE	SET 1	SET 2	SET 3	SET4	SET 5
1 Squats	12	12	12	-	-
2 Plank	60 sec	60 sec	60 sec	-	-
3 Backward Lunge	12	12	12	-	-
4 Split Squats	12	12	12	-	-
5 Reverse Crunch	12	12	12	-	-
6 Step ups	12	12	12	-	-

Day2 – Upper Body

EXERCISE	SET 1	SET 2	SET 3	SET4	SET 5
1 Bench Press	12	12	12	-	-
2 Russian Twist	12	12	12	-	-
3 Inverted Row	12	12	12	-	-
4 Shoulder Press	12	12	12	-	-
5 Super-mans	60 sec	60 sec	60 sec	-	-
6 Chin Ups	12	12	12	-	-

Dangerously Fit Personal Training

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