

Workout Calendar

Name	Date	Starting Pulse	Workout Duration	
LEGS	Set 1	Set 2	Set 3	Set 4
Calfraises				
Squats				
Lunges				
Squats				
Lunges				
ARMS	Set 1	Set 2	Set 3	Set 4
Triceps pull downs				
Shoulder press				
Wrist curls				
Bicep curls				
CHEST	Set 1	Set 2	Set 3	Set 4
Bench press				
Dumbbell fly				
Dips				
BACK	Set 1	Set 2	Set 3	Set 4
Back extensions				
Upright row				
ABS	Set 1	Set 2	Set 3	Set 4
Inclined crunch				
Declined Crunch				
Side bends				