

# Workout Schedule For John Sample

## Exercises for Wednesday, October 22, 2003

Seat	Exercise	Your Program								Record Actual Performance							
	Machine Full Knee Extension	Weight	112														
		Reps	12														
	Tempo: 2-0-4	Rest: 30 secs	Notes: Here are some notes														
	Machine Full Knee Flexion (Leg Curl)	Weight	74														
		Reps	12														
		Notes:															
	Dumbbell Front Squat	Weight	42														
		Reps	12														
		Notes:															
	Machine Straight Leg Heel Raise	Weight	196														
		Reps	12														
		Notes:															
	Cable Pulldown	Weight	140														
		Reps	12														
		Notes:															
	Cable High Row - Seated	Weight	74														
		Reps	12														
		Notes:															
	Barbell Bench Press	Weight	154														
		Reps	12														
		Notes:															
	Dumbbell Overhead Press	Weight	37														
		Reps	12														
		Notes:															
	Dumbbell Front Raise	Weight	14														
		Reps	12														
		Notes:															
	Dumbbell Bicep Curl	Weight	27														
		Reps	12														
		Notes:															
	Curl Bar Pushdown	Weight	51														
		Reps	12														
		Notes:															
	Combination Arm/Leg Lift	Weight	0														
		Reps	15														
		Notes:															
	Abdominal Crunch	Weight	0														
		Reps	15														
		Notes:															

Dual Hamstring Stretch	Seconds	15																
	Reps	2																
Notes:																		
Knee Pull to Chest	Seconds	15																
	Reps	2																
Notes:																		
Groin Stretch	Seconds	15																
	Reps	2																
Notes:																		
Tricep Stretch Across Body	Seconds	15																
	Reps	1																
Notes:																		

### Exercises for Friday, October 24, 2003

Seat	Exercise	Your Program																Record Actual Performance				
	Machine Full Knee Extension	Weight	112																			
		Reps	12																			
Tempo: 2-0-4	Rest: 30 secs	Notes: Here are some notes																				
	Machine Full Knee Flexion (Leg Curl)	Weight	74																			
		Reps	12																			
Notes:																						
	Dumbbell Front Squat	Weight	42																			
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	Reps	12																	
Notes:																			
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Curl Bar Pushdown	Weight	51																	
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Combination Arm/Leg Lift	Weight	0																	
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Dual Hamstring Stretch	Seconds	15																	
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Groin Stretch	Seconds	15																	
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Tricep Stretch Across Body	Seconds	15																	
	Reps	1																	
Notes:																			