**Weekly Workout Sheet**

Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Monday**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Reps** | **Weight** |
| Squats | 3x10 |  |
| Lunges  | 3x10 |  |
| Sit-ups | 3x15 |  |
| Jump rope | 3x25 |  |
| Planks | 3 sets hold for 20 seconds |  |

**Tuesday**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Reps** | **Weight** |
| Bench or dumbbell press | 3x10 |  |
| Burpees | 3x10 |  |
| Fly machine | 3x10 |  |
| Bicep curls | 3x10 |  |
| Bike or Treadmill  | 10 mins |  |

**Wednesday**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Reps** | **Weight** |
| Squats | 3x10 |  |
| Lunges  | 3x10 |  |
| Sit-ups | 3x15 |  |
| Jump rope | 3x25 |  |
| Planks | 3 sets hold for 20 seconds |  |

**Thursday**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Reps** | **Weight** |
|  Bench or dumbbell press | 3x10 |  |
| Burpees | 3x10 |  |
| Fly-machine | 3x10 |  |
| Bicep curls | 3x10 |  |
| Bike or treadmill | 10 mins |  |

**Friday Pick 5 exercises on your own**

|  |  |  |
| --- | --- | --- |
| **Exercise** | **Reps** | **Weight** |
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Weekly question: What does F.I.T.T and R.I.C.E stand for?