

<b>EXERCISE EXPLORER</b>	Client: Betty Henderson	11/22/2004	Workout 1
	Trainer: Demo Trainer	Monday AM	Week #1
<b>Complete this area before working out</b>			
Up Arm (in)	Thighs (in)	Un Bust (in)	Flex (in)
Chest (in)	Waist (in)	Hips (in)	R HR (bpm)
	Strength > Cardio >	Set 1 Duration	Set 2 Distance
		Set 3 Intensity	
<b>Exercise</b>	<b>Lbs</b>	<b>Rep</b>	<b>Notes:</b>
Opposite Twisting Bend	-	15	
Arm Circling	-	20	
Seated Hip Rotation Stretch	-	3	
Cat Stretch	-	4	
Abdominal Crunch - machine	30	10	30 10 30 10
Enter Results Here ▶			
Hip Abductor - machine	40	10	40 10 40 10
Enter Results Here ▶			
Seated Lat Row - machine	40	10	40 10 40 10
Enter Results Here ▶			
Seated Dip - machine	40	10	40 10 40 10
Enter Results Here ▶			
Back Extension 1 - machine	40	10	40 10 40 10
Enter Results Here ▶			
Seated Chest Press - machine	70	10	70 10 70 10
Enter Results Here ▶			
Seated Calf Raise - machine	100	10	100 10 100 10
Enter Results Here ▶			
Reverse Straight Arm Flys - machine	30	10	30 10 30 10
Enter Results Here ▶			
Hip Adductor - machine	40	10	40 10 40 10
Enter Results Here ▶			
StairMaster - machine	15 min	0 floors	3 (1 to 5)
Enter Results Here ▶			

Body Weight: \_\_\_\_\_ Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_

<b>EXERCISE EXPLORER</b>	Client: Betty Henderson	11/23/2004	Workout 1
	Trainer: Demo Trainer	Tuesday AM	Week #1
<b>Complete this area before working out</b>			
Up Arm (in)	Thighs (in)	Un Bust (in)	Flex (in)
Chest (in)	Waist (in)	Hips (in)	R HR (bpm)
	Strength > Cardio >	Set 1 Duration	Set 2 Distance
		Set 3 Intensity	
<b>Exercise</b>	<b>Lbs</b>	<b>Rep</b>	<b>Notes:</b>
Opposite Twisting Bend	-	15	
Arm Circling	-	20	
Seated Hip Rotation Stretch	-	3	
Cat Stretch	-	4	
Abdominal Crunch - machine	30	10	30 10 30 10 30 10
Enter Results Here ▶			
Hip Abductor - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Lat Row - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Dip - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Back Extension 1 - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Chest Press - machine	70	10	70 10 70 10 70 10
Enter Results Here ▶			
Seated Calf Raise - machine	100	10	100 10 100 10 100 10
Enter Results Here ▶			
Reverse Straight Arm Flys - machine	30	10	30 10 30 10 30 10
Enter Results Here ▶			
Hip Adductor - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
StairMaster - machine	15 min	0 floors	3 (1 to 5)
Enter Results Here ▶			

Body Weight: \_\_\_\_\_ Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_

<b>EXERCISE EXPLORER</b>	Client: Betty Henderson	11/25/2004	Workout 1
	Trainer: Demo Trainer	Thursday AM	Week #1
<b>Complete this area before working out</b>			
Up Arm (in)	Thighs (in)	Un Bust (in)	Flex (in)
Chest (in)	Waist (in)	Hips (in)	R HR (bpm)
	Strength > Cardio >	Set 1 Duration	Set 2 Distance
		Set 3 Intensity	
<b>Exercise</b>	<b>Lbs</b>	<b>Rep</b>	<b>Notes:</b>
Opposite Twisting Bend	-	15	
Arm Circling	-	20	
Seated Hip Rotation Stretch	-	3	
Cat Stretch	-	4	
Abdominal Crunch - machine	30	10	30 10 30 10 30 10
Enter Results Here ▶			
Hip Abductor - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Lat Row - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Dip - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Back Extension 1 - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Chest Press - machine	70	10	70 10 70 10 70 10
Enter Results Here ▶			
Seated Calf Raise - machine	100	10	100 10 100 10 100 10
Enter Results Here ▶			
Reverse Straight Arm Flys - machine	30	10	30 10 30 10 30 10
Enter Results Here ▶			
Hip Adductor - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
StairMaster - machine	15 min	0 floors	3 (1 to 5)
Enter Results Here ▶			

Body Weight: \_\_\_\_\_ Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_

<b>EXERCISE EXPLORER</b>	Client: Betty Henderson	11/26/2004	Workout 1
	Trainer: Demo Trainer	Friday AM	Week #1
<b>Complete this area before working out</b>			
Up Arm (in)	Thighs (in)	Un Bust (in)	Flex (in)
Chest (in)	Waist (in)	Hips (in)	R HR (bpm)
	Strength > Cardio >	Set 1 Duration	Set 2 Distance
		Set 3 Intensity	
<b>Exercise</b>	<b>Lbs</b>	<b>Rep</b>	<b>Notes:</b>
Opposite Twisting Bend	-	15	
Arm Circling	-	20	
Seated Hip Rotation Stretch	-	3	
Cat Stretch	-	4	
Abdominal Crunch - machine	30	10	30 10 30 10 30 10
Enter Results Here ▶			
Hip Abductor - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Lat Row - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Dip - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Back Extension 1 - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
Seated Chest Press - machine	70	10	70 10 70 10 70 10
Enter Results Here ▶			
Seated Calf Raise - machine	100	10	100 10 100 10 100 10
Enter Results Here ▶			
Reverse Straight Arm Flys - machine	30	10	30 10 30 10 30 10
Enter Results Here ▶			
Hip Adductor - machine	40	10	40 10 40 10 40 10
Enter Results Here ▶			
StairMaster - machine	15 min	0 floors	3 (1 to 5)
Enter Results Here ▶			

Body Weight: \_\_\_\_\_ Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_