

Workout Room Progress Sheet 2

Client Name:	Trainer:
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Date							
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ARMS

	WT	Rep												
Biceps Curl														
Concentration Curl														
Hammer Curl														
Reverse Curl														
Triceps Kickback														
Triceps Dip														
Lying Triceps Ext														
Cable Push Downs														
Wrist Curls														

LOWER BODY

	WT	Rep												
Squats														
Front Lunges														
Calf Raises														
Hip Abduction														

Hip Adduction														
Cable Hip Ext														
Leg Press														
Leg Extension														
Hamstring Curl														



CARDIOVASCULAR WORKOUT IN MINUTES

Stair Master														
Bicycle														
Treadmill														
Aerobic Class														

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