

# Sample Workout log

## Target Goals : Weight loss, Tone

Cardio, Arms, Core, Stretch

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Duration: appx 60 minutes

Tools: **Free weights pre-determined, Stability Ball, Mat, Bosu**






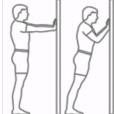
**Cardio**  
 • 30 min  
 • 5x weekly

| Treadmill      | MINUTE | INCLINE | SPEED   | HR  |
|----------------|--------|---------|---------|-----|
| Warm up        | 1-4    | 3       | 2 - 2.5 | 80  |
| Begin work out | 5-9    | 6       | 3.5     | 100 |
| Walk           | 10-15  | 12      | 3       | 122 |
| RUN            | 16-20  | 0       | RUN     | 122 |
| Walk and Run   | 21-25  | 6       | 3.5 - 4 | 122 |
| Cool Down      | 26-30  | 2       | 2.5     | 80  |

**Break for stretch:** Runners Stretch, Runner's Lunge, IT Stretch, Arm Stretch

**Arms** – In between each exercise, choose any “Minute to Win It” cardio booster ~ 13 min

**Equipment:** Free weights, Bosu, Stability Ball, exercise mat, Cardio booster list

| Exercise   | Sets / Reps | Photo  | Notes |
|--|-------------|--|-------|
| Seated Bicep Curl on either Bosu or Stability Ball                 | 2 / 12      |  |       |
| Seated Bicep Hammer Curls on either Bosu or Stability Ball         | 2 / 12      |  |       |
| Decline Bicep Hammer Curl Face down with stomach on Stability Ball | 2 / 12      |  |       |
| Tricep Kick Backs  | 2 / 12      |  |       |
| Tricep Extension- Supine Skull Crusher on Stability ball           | 2 / 12      |  |       |
| Tricep wall push ups with elbows tucked close to ribcage           | 2 / 12      |  |       |

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**“Minute to Win It” Cardio Booster List**

Equipment: Bosu, Stability Ball, exercise mat

| Cardio Boost                                    | Time or reps     |
|---|------------------|
| Forearm Plank on Stability Ball                 | Hold 1 min       |
| Forearm Side Planks on Bosu Ball                | 30 sec each side |
| Roman Dead Lift to overhead with Stability Ball | 15 reps or 1 min |
| In place mock alternate feet Jump Rope          | 1 min            |
| Jump Squats                                     | 1 min            |

**Core/Abs exercise:** Do listed reps, then repeat lineup half time ~ 12 min

Equipment: Bosu, Stability Ball, exercise mat

| Core/Abs strengthening exercise                         | 1 <sup>st</sup> reps/ 2 <sup>nd</sup> reps |
|---|--|
| Side crunch knees bent in IT stretch                    | 20 reps/10 reps                            |
| Long Lever side crunch seated on Bosu                   | 10 reps each side/5 reps                   |
| Russian Twists Seated on Bosu                           | 20 reps/10 reps                            |
| Transferring Stability Ball from hands to feet and back | 20 reps/10 reps                            |
| Bird Dogs with Stomach on Stability Ball                | 20 reps/10 reps                            |
| Supermans with Stomach on Stability Ball                | 20 reps/10 reps                            |
| Back extensions with Stomach on Stability Ball          | 20 reps/10 reps                            |

**Stretch/Cool Down exercises:** Do list holding each for 10 count, then repeat for 5 count ~ 5 min

| Stretches  | 1 <sup>st</sup> reps/ 2 <sup>nd</sup> reps |
|--|--|
| Supine full body stretch extension                     | 10 count/5 count                           |
| Supine Capitol T twists on each side                   | 10 count/5 count                           |
| Supine hamstring stretch ( knee bent or leg extended)  | 10 count/5 count                           |
| Supine Inner thigh Stretch with soles of feet touching | 10 count/5 count                           |
| Seated separate wide leg side extension stretch        | 10 count/5 count                           |
| Seated rounded back forward fold hands to toes         | 10 count/5 count                           |

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