Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_

**Work Out Program A**

Do a minimum of **4** of these exercises per day. Feel free to mix up what you do on what day. Be sure to record what you are doing.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   |   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 |
| Bench Press | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Curl | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Military | Weight |   |   |   |   |   |   |   |   |
| Press | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Sit Ups | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Back | Weight |   |   |   |   |   |   |   |   |
| Extension | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Squats | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Calf Raises | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Step Ups | Weight |   |   |   |   |   |   |   |   |
| (weighted) | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |