

BE FIT, STAY FIT WORKOUT CARD

LEISUREFITNESS
THE EQUIPMENT STORE

UPPER BODY WORKOUTS
8-12 REPETITIONS

BODY PART: EXERCISE/LIFT	MONTH /DAY												
CHEST: (2)													
UPPER BACK: (2)													
SHOULDERS: (2)													
ARMS: (Both)													

LOWER BODY WORKOUTS
10-15 REPETITIONS

LEGS: (3)													
HIPS: (1)													
ABS:													
OPTIONAL (other Selected Exercises/Lifts):													