

BE FIT, STAY FIT WORKOUT CARD

UPPER BODY WORKOUTS
8-12 REPETITIONS

BODY PART: EXERCISE/LIFT	MONTH /DAY												
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CHEST: (2)

* Chest Press/Bench Press													
Bent Arm Press													

UPPER BACK: (2)

Lat Pulldown													
* Seated Row													
Bent Over Row													
Pullover													

SHOULDERS: (2)

Lateral Raise													
* Seated Press													
Upright Row													

ARMS: (Both)

Bicep Curl													
Tricep Push Downs													

LOWER BODY WORKOUTS
10-15 REPETITIONS

LEGS: (3)

* Leg Extensions													
* Leg Curls													
Calf Raises													

HIPS: (1)

Squat													
* Leg Press													

ABS:

* Curl-Ups													
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OPTIONAL (other Selected Exercises/Lifts):
