

# Calhoun's Gym

Exercise Program

**\*\*don't forget to stretch before you start your workout\*\***

## Strength Training

Machine #	Exercise	Sets	Reps	Rest	Weight
1	Leg Press	3	8-12	15 seconds	_____
2	Chest Press	3	8-12	15 seconds	_____
3	Seated Rows	3	8-12	15 seconds	_____
4	Overhead Press	3	8-12	15 seconds	_____
5	Glute Machine	3	8-12	15 seconds	_____
6	Hip Machine	3	8-12	15 seconds	_____
7	Tricep Machine	3	8-12	15 seconds	_____
8	Bicep Curls	3	8-12	15 seconds	_____
9	Ab Machine	3	8-12	15 seconds	_____

**\*\*START WITH THE LIGHTEST PLATE AND MOVE DOWN TO THE NEXT PLATE EACH WORKOUT UNTIL YOU CAN'T COMPLETE ALL SETS AND REPS, AT THAT POINT MOVE UP ONE PLATE AND STAY AT THAT WEIGHT FOR A WEEK THEN CONTINUE THE PROCESS\*\***

## Cardio Training

Exercise	Time	Speed
Treadmill, Elliptical or Bike	15 to 20 minutes	_____

**\*\*PERFORM THIS 3 TIMES A WEEK\*\***

**(Either Monday, Wednesday, Friday or Tuesday, Thursday, Saturday)**

*Thank you for choosing Calhoun's Gym LLC*

**\*\*Exercise program is based on the recommendations of the A.C.S.M. of 150 minutes of exercise per week and training each muscle group at least twice a week\*\***