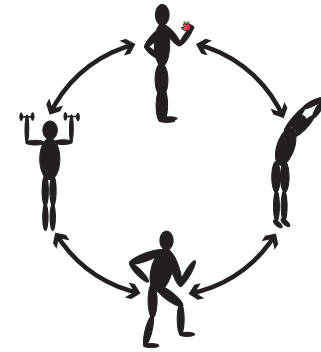


The Awesome Foursome

The Essential Components of
Optimal Health & Total Fitness

My Workout Regimen



Monday:

Aerobic Activity _____

Weight Training Workout Program _____

Weight Training Workout Routine _____

Or Rest

Tuesday:

Aerobic Activity _____

Weight Training Workout Program _____

Weight Training Workout Routine _____

Or Rest

Wednesday:

Aerobic Activity _____

Weight Training Workout Program _____

Weight Training Workout Routine _____

Or Rest

Thursday:

Aerobic Activity _____

Weight Training Workout Program _____

Weight Training Workout Routine _____

Or Rest

Friday:

Aerobic Activity _____

Weight Training Workout Program _____

Weight Training Workout Routine _____

Or Rest

Saturday:

Aerobic Activity _____

Weight Training Workout Program _____

Weight Training Workout Routine _____

Or Rest

Sunday:

Aerobic Activity _____

Weight Training Workout Program _____

Weight Training Workout Routine _____

Or Rest

Workout Routine One	Reps	Weight		Workout Routine Two	Reps	Weight
Leg Press				Leg Extensions		
Bench Press				Bench Press		
Calf Raises				Leg Curls		
Pec Dec				Pec Dec		
Crunches*				Calf Raises		
Four-part Seated Row				Four-part Seated Row		
Reverse Crunches		NA		Combo Crunches		NA
Shoulder Press				Shoulder Press		
Triceps Press-downs OR Extensions				Triceps Press-downs OR Extensions		
Biceps Curls				Biceps Curls		
Wrist Curls				Wrist Curls		
Reverse Wrist Curls				Reverse Wrist Curls		
* Note the weight only if you do crunches on an ab crunch machine. If you do crunches on a mat, leave the weight line blank.						