

DESIGN YOUR WORKOUT ROUTINE.

BODY PART	EXERCISE	SETS	REPS	RESISTANCE	PERSONAL NOTES

DESIGN YOUR WORKOUT FROM LARGE MUSCLE GROUPS, DOWN TO SMALLER. START WITH LEGS, CHEST OR BACK AND YOUR SHOULDERS AND ARMS WILL ASSIST IN THESE MOVEMENTS.

DON'T WORKOUT YOUR ABDOMINALS TO FAILURE (REPS UNTIL YOU CAN DO NO MORE), TREAT YOUR ABDOMINALS THE SAME AS ANY OTHER MUSCLE GROUP AND PERFORM SETS AND A PREDETERMINED AMOUNT OF REPS (THINK QUALITY, NOT QUANTITY)

REMEMBER TO ALWAYS WARM UP AND COOL DOWN, WORKOUT SAFELY AND CHECK YOUR EQUIPMENT BEFORE USE.

KEEP A STRONG AND FIRM POSTURE THROUGHOUT YOUR MOVEMENTS.

FOCUS ON YOUR WORKOUT, DO YOUR BEST AND YOU'LL ACHIEVE YOUR GOALS.