**WORKOUT TRAINING SHEET**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name: | [Name Of the Trainer] |  | Starting Pulse: | [Mention Starting Pulse] |
|  |  |  |  |  |
| Date: | [Mention Date] |  | Workout Duration: | [Workout Duration] |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **EXERCISE** | **SET 1** | **SET 2** | **SET 3** | **SET 4** | **SET 5** | **SET 6** |
| **LEGS** | Calf Raises | 2 | 1 | 4 | 6 | 9 | 1 |
| Squats | 2 | 3 | 7 | 5 | 1 | 2 |
| Lunges | 1 | 4 | 5 | 6 | 7 | 4 |
| **ARMS** | Triceps Pulldowns | 2 | 1 | 4 | 6 | 9 | 1 |
| Bicep Curls | 2 | 3 | 7 | 5 | 1 | 2 |
| Wrist Curls | 1 | 4 | 5 | 6 | 7 | 4 |
| Shoulder Press | 5 | 2 | 8 | 5 | 6 | 1 |
| **BACK** | Back Extensions | 2 | 1 | 4 | 6 | 9 | 1 |
| Upright Row | 2 | 3 | 7 | 5 | 1 | 2 |
| **CHEST** | Bench Press | 2 | 3 | 7 | 5 | 1 | 2 |
| Dumbbell Fly | 1 | 4 | 5 | 6 | 7 | 4 |
| Dips | 5 | 2 | 8 | 5 | 6 | 1 |
| **ABS** | Inclined Crunch | 5 | 2 | 8 | 5 | 6 | 1 |
| Declined Crunch | 2 | 1 | 4 | 6 | 9 | 1 |
| Side Bends | 2 | 3 | 7 | 5 | 1 | 2 |