

# ACTIVTRAX SAMPLE WORKOUT

Training Type: Splitbody  
 Result Desired: Tone, Shape, Define  
 Activity ID: W195260  
 Day Description: Upper Body

## TODAY'S SUGGESTED WARM-UP

Perform 5-10 minutes of cardio, then stretch.

Exercise Equipment Name	SET 1			SET 2		
	WT	REPS	REST	WT	REPS	REST
Bench Press Dumbbell	15	12-15	0:30	15	12-15	0:30

\*Please note: Warm-up exercise is suggested independently of your preferred restrictions.

MESSAGE CENTER: Congratulations on your commitment to fitness. Please do not hesitate to call on me if you have any questions regarding your workout.

## TODAY'S RESISTANCE WORKOUT

Level One, Intro Day: 1 Estimated time to complete resistance workout: 23

EXPECTED FEEL Region Muscle	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S REPS	SET 2			TODAY'S REPS	SET 3 REPS REST	TODAY'S REPS
			WT	REPS	REST		WT	REPS	REST			
Light Chest Pecs	N/A	Seated Chest Press Life Fitness (#11) Chest Press	45+P	14-20	1:00		60+P	10-15	1:00			
Medium Back Lats	N/A	Wide Grip Pulldown (front) Life Fitness Cable Motion (#96) Dual Pulley Pulldown	60	14-20	1:00		60	10-15	1:00			
Medium Back Lower Back		Seated Back Extension Life Fitness (#23) Low Back Extension	105	BEST	1:30							
Medium Shoulders Delts	N/A	Seated Shoulder Press Life Fitness (#21) Shoulder Press		10-15	1:00		60	10-15	1:00			
Medium Arms Lower Biceps	N/A	Seated Arm Curl Hammer Strength MTS Series (#50) MTS Bicep Curl	10+P	14-20	1:00		10+P	10-15	1:00			
Medium Arms Triceps	N/A	Seated Tricep Extension Life Fitness Arm Extension	40	10-15	1:00		40	10-15	1:00			

\* BEST means do the "best" you can but don't exceed 20 repetitions.  
 +P means add a supplemental plate, +2P means add two supplemental plates, and so on.

Date of Workout	/	/	Resistance Start Time	AM PM
Resistance End Time	AM PM			

## TODAY'S AB

Exercise	Reps	Rest	Today's
#1 Crunch with Legs Vertical Floor	10-12	0:15	
#3 Side Oblique Crunch Floor	10-12	0:30	

Exercise	Reps	Rest	Today's
#2 90 Degree Reverse Crunch Floor	10-12	0:15	
#4 Crunch with Legs In Stability Ball	10-12	0:15	

## TODAY'S CARDIO

Record the minutes performed on each of the following activities:	
Minimum Time Recommended	20 Minutes
Target Heart Rate	146 - 157
Stair Master	Recumbent Bike
Tread Mill	Upright Bike
Ski Machine	Elliptical Trainer
Row Machine	Running
	Aerobic
	Spinning
	Swimming
	Other

## MY NOTES

IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.