



FITNESS LOG

MISSING ONE OF THESE MACHINES IN YOUR GYM? JUST SUBSTITUTE IT WITH ANY OF THE CARDIO MACHINES LISTED BELOW.

QUESTIONS? JUST MESSAGE US AT
FACEBOOK.COM/WORKINGOUT101

IT IS O.K. TO SUBSTITUTE ONE OR TWO OF THE WEEKDAYS FOR THE WEEKEND. THE ONLY THING THAT MATTERS IS THAT YOU ARE WORKING-OUT FIVE DAYS PER WEEK.

PROGRAM 2

40 Minutes / 5 Days A Week

FROM _____ TO _____

CARDIO EXERCISES ONLY			HOW DID YOU FEEL? SLUGGISH / AVERAGE / GREAT
MONDAY	TREADMILL	10 MINUTES	LOW INTENSITY
	TREADMILL	20 MINUTES	HIGH INTENSITY
	TREADMILL	10 MINUTES	LOW INTENSITY
TUESDAY	SPIN BIKE	10 MINUTES	LOW INTENSITY
	SPIN BIKE	20 MINUTES	HIGH INTENSITY
	SPIN BIKE	10 MINUTES	LOW INTENSITY
WEDNESDAY	ELLIPTICAL	10 MINUTES	LOW INTENSITY
	ELLIPTICAL	20 MINUTES	HIGH INTENSITY
	ELLIPTICAL	10 MINUTES	LOW INTENSITY
THURSDAY	TREADMILL	10 MINUTES	LOW INTENSITY
	TREADMILL	20 MINUTES	HIGH INTENSITY
	TREADMILL	10 MINUTES	LOW INTENSITY
FRIDAY	STEPMILL	10 MINUTES	LOW INTENSITY
	STEPMILL	20 MINUTES	HIGH INTENSITY
	STEPMILL	10 MINUTES	LOW INTENSITY
SATURDAY			
SUNDAY			