



Workout Card



STRENGTH TRAINING EQUIPMENT	ADJUSTMENTS							
Nautilus Circuit	Seat Back:	/	/	/	/	/	/	/
1. Abd/Adduction	Leg Width:							
2. Prone Leg Curl	Leg Pad:							
3. Leg Extension	Seat Back: Leg Bar:							
4. Leg Press	Seat Back: Seat Height:							
5. Freedom Trainer Cables								
6. Abdominal								
7. Lower Back	ROM: Foot:							
8. Preacher Curl	Seat Height:							
9. Overhead Press	Seat Height:							
10. Compound Row	Chest Pad: Seat Height:							
11. Rear Delt/ Pec Fly	Seat Back: Feet: Delt/Pec:							
12. Incline Press	Seat Height:							
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
		/	/	/	/	/	/	/
Smith Machine		/	/	/	/	/	/	/
Calf Machine		/	/	/	/	/	/	/
Back Extension		/	/	/	/	/	/	/
CARDIO EQUIPMENT	PROGRAM/LEVEL INCLINE/DECLINE							