

Augy's Fitness Center Paramount Workout Chart

Name: _____ Page: _____

Day _____

Date _____

Exercise & #	Weight/	Weight/	Weight/	Weight/	Weight/	Weight/	Weight/	Weight/	Weight/	Weight/	Weight/
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	All 14 exercises are total body and should be performed every other day!!!!!! 1-3 Sets / 10-15 Reps										
Lower Back 1											
Vertical Butterfly 2											
Bicep Curl 3											
Abdominal 4											
Tricep Extension 5											
Shoulder Press 6											
Outer Thigh 7											
Inner Thigh 8											
Lat Pull 9											
Leg Curl 10											
Seated Row 11											
Leg Extension 12											
Seated Chest 13											
Leg Press 14											

The Benefits of Exercise

The expected benefits of exercise are:

- Improved flexibility, increased muscular strength and endurance
 - Increased cardiorespiratory endurance, increased bone mass
- Decreased percent body fat, decreased heart rate & blood pressure
 - Increased self-esteem and feelings of well being

Caution: Before beginning an exercise program, you should first consult your doctor and get a physical examination

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	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Upper/Lower Split Workout!!!! Top 5 exercises on Monday & Thursday; Bottom 9 on Tuesdays & Fridays!!!										
	2 to 4 sets / 10-15 Reps										
Outer Thigh 7											
Inner Thigh 8											
Leg Curl 10											
Leg Extension 12											
Leg Press 14											
Lower Back 1											
Vertical Butterfly 2											
Bicep Curl 3											
Abdominal 4											
Tricep Extension 5											
Shoulder Press 6											
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	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
	Split Body Circuit!!!! Top 7 exercises on Monday & Thursday; Bottom 7 on Tuesdays & Fridays!!!										
	2 to 4 sets / 10-15 Reps										
Leg Press 14											
Leg Extension 12											
Seated Row 11											
Outer Thigh 7											
Inner Thigh 8											
Abdominal 4											
Lower Back 1											
Seated Chest 13											
Leg Curl 10											
Lat Pull 9											
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