

AUGY'S FITNESS CENTER



the cat
week #1



Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
box steps		15		15			
db bench press		15		15			
1 arm db row		15		15			
abdominal machine		15		15			
db seated tricep extension		15		15			
db lunge		15		15			
db lateral raise		15		15			
db bicep curl (alternating)		15		15			
hip sled		15		15			
rev crunch (ball)		15		15			
Date:							Notes:
biggest loser weight loss yoga 30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
box steps		15		15			
db bench press		15		15			
1 arm db row		15		15			
abdominal machine		15		15			
db seated tricep extension		15		15			
db lunge		15		15			
db lateral raise		15		15			
db bicep curl (alternating)		15		15			
hip sled		15		15			
rev crunch (ball)		15		15			
Date:							Notes:
tony little ab dvd - red 30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
box steps		15		15			
db bench press		15		15			
1 arm db row		15		15			
abdominal machine		15		15			
db seated tricep extension		15		15			
db lunge		15		15			
db lateral raise		15		15			
db bicep curl (alternating)		15		15			
hip sled		15		15			
rev crunch (ball)		15		15			

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the cat
week #2



Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
parallel squat		15		15			
db bench press		15		15			
tricep pushdown		15		15			
leg extension		15		15			
machine shoulder press		15		15			
seated cable row		15		15			
leg curl		15		15			
preacher curl		15		15			
crunches		15		15			
back extension on ball		15		15			
Date:							Notes:
supreme 90day ab tape 30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
parallel squat		15		15			
db bench press		15		15			
tricep pushdown		15		15			
leg extension		15		15			
machine shoulder press		15		15			
seated cable row		15		15			
leg curl		15		15			
preacher curl		15		15			
crunches		15		15			
back extension on ball		15		15			
Date:							Notes:
mullethead vcr ab tape 30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
parallel squat		15		15			
db bench press		15		15			
tricep pushdown		15		15			
leg extension		15		15			
machine shoulder press		15		15			
seated cable row		15		15			
leg curl		15		15			
preacher curl		15		15			
crunches		15		15			
back extension on ball		15		15			

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the cat
week #3



Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
wide grip pullup (assisted)		12		12		12	
db incline bench		12		12		12	
box steps		12		12		12	
db lateral raise		12		12		12	
db kickbacks		12		12		12	
bicep cable curl		12		12		12	
smith lunge		12		12		12	
machine hip adduction		12		12		12	
machine hip abduction		12		12		12	
reverse crunch (ball)		12		12		12	
side crunch		12		12		12	
Date:							Notes:
fast abs dvd							
30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
wide grip pullup (assisted)		12		12		12	
db incline bench		12		12		12	
box steps		12		12		12	
db lateral raise		12		12		12	
db kickbacks		12		12		12	
bicep cable curl		12		12		12	
smith lunge		12		12		12	
machine hip adduction		12		12		12	
machine hip abduction		12		12		12	
reverse crunch (ball)		12		12		12	
side crunch		12		12		12	
Date:							Notes:
tony little ab dvd - purple							
30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
wide grip pullup (assisted)		12		12		12	
db incline bench		12		12		12	
box steps		12		12		12	
db lateral raise		12		12		12	
db kickbacks		12		12		12	
bicep cable curl		12		12		12	
smith lunge		12		12		12	
machine hip adduction		12		12		12	
machine hip abduction		12		12		12	
reverse crunch (ball)		12		12		12	
side crunch		12		12		12	

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the cat week #4



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Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
machine bench press		10		10		10	
lat pulldown		10		10		10	
hip sled		10		10		10	
db lateral raise		10		10		10	
tricep pushdown		10		10		10	
db bicep curl		10		10		10	
leg extension		10		10		10	
leg curl		10		10		10	
abdominal machine		10		10		10	
ab roller machine (each side)		10		10		10	
incline weighted ab bench		10		10		10	
Date:							Notes:
awesome ab dvd							
30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
machine bench press		10		10		10	
lat pulldown		10		10		10	
hip sled		10		10		10	
db lateral raise		10		10		10	
tricep pushdown		10		10		10	
db bicep curl		10		10		10	
leg extension		10		10		10	
leg curl		10		10		10	
abdominal machine		10		10		10	
ab roller machine (each side)		10		10		10	
incline weighted ab bench		10		10		10	
Date:							Notes:
10 minute tummy toners (3 to 5 workouts)							
30 minutes (pick a cardio machine)							
Date:							Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	
machine bench press		10		10		10	
lat pulldown		10		10		10	
hip sled		10		10		10	
db lateral raise		10		10		10	
tricep pushdown		10		10		10	
db bicep curl		10		10		10	
leg extension		10		10		10	
leg curl		10		10		10	
abdominal machine		10		10		10	
ab roller machine (each side)		10		10		10	
incline weighted ab bench		10		10		10	