

Unified Fitness Log

Name:	Week Number	
Workout: Day 1		
Warm Up		
Exercise	Reps/Time	
Ex. Arm Circles	1 minute	
Cardiovascular Endurance		
Exercise	Reps/Time	
Ex. Walk on the Treadmill	10 minutes	
Strength	David /Time	
Exercise	Reps/Time	
Ex. Bicep Curls	3 sets, 8 reps each	
Flexibility Balance		
Exercise	Reps/Time	
Ex. Shoulder Stretch	30 seconds each side	



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Workout: Day 2	
Warm Up	
Exercise	Reps/Time
Ex. Arm Circles	1 minute
Cardiovascular Endurance	
Exercise	Reps/Time
Ex. Walk on the Treadmill	10 minutes
Characth	
Strength Exercise	Reps/Time
Excisise	nteps/ inite
Fy Ricen Curls	
Ex. Bicep Curls	3 sets, 8 reps each
Ex. Bicep Curls	
Flexibility Balance	3 sets, 8 reps each
Flexibility Balance Exercise	3 sets, 8 reps each Reps/Time
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