**Fitness Center Workout Sheet**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Machine (Circuit #) | Date | | Date | | Date | | Date | | Date | | Date | | | Date | | | Date | | | Date | | | Date | | |
| Rep | Weight | Rep | Weight | Rep | Weight | Rep | Weight | Rep | Weight | Rep | Weight | Rep | | Weight | Rep | | Weight | Rep | | Weight | Rep | | Weight |
| 1. Leg Press |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 3.Leg Extension |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 5. Quad Extension |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 7. Chest Press |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 9. Back Row |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 11. Back Extension |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 13. Ab Crunch |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 15. Bicep Curls |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 17. Tricep Pulldowns |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 19. Shoulder Press |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 21. Lat Pulldowns |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |
| 23. Chest Fly |  |  |  |  |  |  |  |  |  |  |  |  |  | |  |  | |  |  | |  |  | |  |

*Use this worksheet to keep track of all the work you do in the Fitness Center. Use the break time between exercises to record information into the corresponding area. This will help you reach your fitness goals, and show how hard work can pay off!*