

# I CAN FINISH WELL

## WORKOUT CARD

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**MY CARDIO GOAL**  
 30 min. per workout

**MY TARGET HEART RATE**  
 220 minus age x .65  
 220 minus age x .75  
 My rate is \_\_\_\_\_ to \_\_\_\_\_

### MY ATTENDANCE

- Workout 1 \_\_\_\_\_
- Workout 2 \_\_\_\_\_
- Workout 3 \_\_\_\_\_
- Workout 4 \_\_\_\_\_
- Workout 5 \_\_\_\_\_
- Workout 6 \_\_\_\_\_
- Workout 7 \_\_\_\_\_
- Workout 8 \_\_\_\_\_
- Workout 9 \_\_\_\_\_
- Workout 10 \_\_\_\_\_
- Workout 11 \_\_\_\_\_
- Workout 12 \_\_\_\_\_

**NAME:** \_\_\_\_\_

**TAKE THIS CARD TO THE GYM WITH YOU!**

Ok, it's time to take your workout to the next level now that you have completed 12 workouts of the conditioning routine.

The next couple of months you are going to be adding more exercises per body part. Again, only start with a couple of sets to see how you feel the next day. This is a much more taxing routine than the last one and you will feel it, but what's different than a month ago is that your muscles and body are ready for it.

This will be a three-day split which means different muscle groups will be worked each day. Day One is a push day which will include Chest and Shoulders. Day Two consists of Back and arms and Day Three will include legs. Also, Core will be addressed in some fashion daily with the routines.

Stretching is still a must at the end of each workout. When it comes to your cardiovascular workout keep it to 30 minutes but try different machines to keep your body stimulated. The goal is to try every form of cardio piece in the facility to make sure you know exactly how to work them. If a piece is more difficult and

you cannot complete the 30 minutes, do what you can and finish the 30 minutes on something different to complete the time.

Keep your reps and sets the same at 3 sets of 15 reps for toning and 3 sets of ten for building as last month. Just change the exercises for now.

### WAIVER OF LIABILITY

I am exercising at my own risk. I must check with my own doctor to sign off that I am healthy enough to exercise. My doctor must make notes of any medical or physical problems I may have and any modifications I need. And by law, I must carry my own health insurance. I do not hold Better Bodies Fitness or any of its partners or employees responsible for any injury.

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Date

1st WORKOUT	2nd WORKOUT	3rd WORKOUT
My 30 day follow-up appointment for my measurements is on _____	30 minutes of cardio	30 minutes of cardio
30 minutes of cardio	<b>BACK &amp; ARMS</b>	<b>LEGS</b>
<b>CHEST &amp; SHOULDERS</b>	3 sets of 10 to 15 reps	3 sets of 10 to 15 reps
3 sets of 10 to 15 reps	Lat Pull Down _____ wt	Leg Raises _____ wt
Chest Press _____ wt	Seated Row _____ wt	Leg _____ wt
Incline Press _____ wt	Back Extensions _____ wt	Extension _____ wt
Chest Fly _____ wt	Bicep Curl Machine _____ wt	Leg Curl _____ wt
Rear Delt _____ wt	Cable Curl _____ wt	Leg Press _____ wt
Side Shoulder Raise _____ wt	Tricep Kickbacks _____ wt	Inner and Outer Thigh _____ wt
Shoulder Press _____ wt	Tricep Extension _____ wt	Calves _____ wt
Stretching Machine	Crunches _____ wt	Stretching Machine
	Stretching Machine	