

| Area of Body | Exercise | Settings | | | | | | Weight |
|------------------|-------------------------|----------------|----------------|---------|---------|-------|------------|------------------|
| | | Seat | Back | Arm | Leg | Sets | Reps | |
| Chest | Chest Press | | | | | | | |
| | Chest Incline Press | | | | | | | |
| | Fly | | | | | | | |
| Back | Notes: | | | | | | | |
| | Wide Grip Lat Pulldown | | | | | | | |
| | Close Grip Lat Pulldown | | | | | | | |
| Shoulders | Row | | | | | | | |
| | Notes: | | | | | | | |
| | Overhead Press | | | | | | | |
| Biceps | Rear Delt | | | | | | | |
| | Notes: | | | | | | | |
| Triceps | Bicep Curl | | | | | | | |
| | Notes: | | | | | | | |
| Legs | Tricep Pushdown | | | | | | | |
| | Notes: | | | | | | | |
| | Leg Press | | | | | | | |
| | Leg Extention | | | | | | | |
| | Leg Curl | | | | | | | |
| | Hip Abductor | | | | | | | |
| Abdminals | Hip Adductor | | | | | | | |
| | Rotary Calf | | | | | | | |
| | Notes: | | | | | | | |
| | Ab Crunch | | | | | | | |
| | Roman Chair | | | | | | | |
| Cardio | Ab Bench | | | | | | | |
| | Lower Back Extention | | | | | | | |
| | Leg Lifts | | | | | | | |
| | Notes: | | | | | | | |
| | Cardio | Machine | Setting | | | | | Heartrate |
| Distance | | | Resistance | Incline | Program | Level | Low | High |
| Treadmill | | | | | | | | |
| Elliptical | | | | | | | | |
| Bike - Recumbant | | | | | | | | |
| Bike - Upright | | | | | | | | |
| Arc Trainer | | | | | | | | |
| Notes: | | | | | | | | |