WEIGHT - BLOOD SUGAR LEVEL

Day	Date	Weight	AM BSL	PM BSL
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
MONDAY				
TUESDAY				
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THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TREADMILL WORKOUT

Day	Date	Start Pulse	MPH	Incline	Time	Distance	End Pulse	Calories Burned
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								
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SUNDAY								
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

Floor Exercises

Day	Date	Jumping Jacks	Push-ups	Sit-ups	Crunches	Planks	Reverse Planks	L. Side Planks	R. Side Planks
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
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THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

Total Gym Exercises

Month of:

CHEST	❑ Kneeling Single-Arm Chest Fly	❑ Chest Press	❑ Crossover Chest Fly	❑ Decline Chest Fly	❑ Decline Chest Press
❑ Arm Pullover	❑ Incline Chest Fly	❑ Incline Chest Press	❑ Chest Fly	❑ Parallel Grip Chest Press	❑ Reverse Grip Chest Press
❑ Decline Push Up	❑ Reverse Grip Decline Chest Press	❑ Reverse Grip Incline Chest Press	❑ Single Arm Chest Fly	❑ Single Arm Chest Press	❑ Wide Chest Press
ABDOMINALS	❑ Cable Abdominal Crunch	❑ Cross-body Pull Over Crunch	❑ Incline Sit-Up	❑ Kneeling Torso Twist	❑ Lying Knee Raise
❑ Abdominal Crunch	❑ Prone Jack Knife	❑ Pullover Crunch	❑ Reverse Crunch	❑ Seated Torso Twist	❑ Single Leg Lying Leg Lift
❑ Lying Leg Lift	❑ Single Leg Prone Jack Knife	❑ Trunk Side Bend			
SHOULDERS	❑ Cross Cable Reverse Fly	❑ Cross Body Shoulder Raises	❑ External Shoulder Rotation	❑ Front Deltiod Raises	❑ Inward Shoulder Rotation
❑ Kneeling Lateral Shoulder Press	❑ Kneeling Reverse Fly	❑ Lateral Shoulder Press	❑ Lateral Shoulder Raise	❑ Military Press	❑ Outward Shoulder Rotation
❑ Behind Neck Military Press	❑ Rear Deltoid Pull	❑ Rear Deltoid Raises	❑ Reverse Fly	❑ Shoulder Abduction	❑ Shoulder Shrug
❑ Supine Cross-Body Shoulder Raises	❑ Swimmer	❑ Upright Row	❑ Prone Reverse Fly		
TRICEPS	❑ Kneeling Reverse Tricep Kickback	❑ Kneeling Tricep Kickback	❑ Lateral Tricep Extension	❑ Overhead Tricep Press	❑ Tricep Dip
❑ Reverse Grip Overhead Tricep Press	❑ Reverse Grip Tricep Pressdown	❑ Tricep Pressdown	❑ Close Grip Chest Press		
BICEPS	❑ Incline Biceps Curl	❑ Kneeling Biceps Curl	❑ Kneeling Lateral Biceps Curl	❑ Lateral Biceps Curl	❑ Preacher Curl
❑ Kneeling Reverse Biceps Curl	❑ Preacher Reverse Curl	❑ Prone Biceps Curl	❑ Reverse Forearm Curl	❑ Seated Biceps Curl	❑ Supine Biceps Curl
❑ Preacher Concentration Curl	❑ Seated Reverse Biceps Curl	❑ Supine Concentration Curl	❑ Supine Reverse Biceps Curl	❑ Seated Concentration Curl	❑ Forearm Curl
BACK	❑ High Lat Row	❑ Kneeling Lat Row	❑ Lat Fly	❑ Lat Pull-Down	❑ Lat Row
❑ Low Back Extension	❑ Low Crossover Lat Row	❑ Parallel Grip Lat Row	❑ Parallel Grip Lat Pull-Down	❑ Reverse Grip Lat Row	❑ Pull Up
❑ Parallel Grip Kneeling Lat Row	❑ Reverse Grip Kneeling Lat Row	❑ Reverse Grip Lat Pull-Down	❑ Reverse Grip Pull Up	❑ Single Arm Lat Row	❑ Single Arm Pull Up
❑ Surfer Lat Pull	❑ High Crossover Lat Row				
LEGS	❑ Calf Raise	❑ Cardio Pull	❑ Decline Lunge	❑ Hamstring Curl	❑ Hip Abduction
❑ Hip Adduction	❑ Hip Extension	❑ Incline Lunge	❑ Lateral Lunge	❑ Leg Extension	❑ Leg Thrust
❑ Lying Hip Adduction	❑ Plyometric Split Squat	❑ Plyometric Squat	❑ Rowing Machine	❑ Single Leg Calf Raise	❑ Single Leg Side Squat
❑ Skiing	❑ Split Squat	❑ Sprint Squat	❑ Squat	❑ Standing Split Squat	❑ Toes In Squat
❑ Toes Out Squat	❑ Buns-Up Leg Press				

Total Gym Workout

Day	Date	Chest	Abdominals	Shoulders	Triceps	Biceps	Back	Legs	Core
SATURDAY									
SUNDAY									
MONDAY									
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