

# Exercise Goals & Resistance Training

**Gym**       **Home**       **Outside Activities**

Goals \_\_\_\_\_ Times Per Week

Cardio \_\_\_\_\_ Times Per Week

Resistance Training \_\_\_\_\_ Time Per Week

Cardio Training 30 Minutes 3 Times A Week

## Resistance Training

Biceps

Curls

Triceps

Reverse Curls

Chest

Push Ups

Abdominals

Sit Ups

Thighs

Squats

Calfs

Toe Lifts

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