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
- **Calves**
  - Toe Lifts

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