








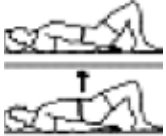


THE BODY TRANSFORMATION WORKOUT

EXERCISE NAME (DB=Dumb Bell)	DATE																				
	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT
PUSH UP Sets 1 Reps 10-15 																					
DB INNER BICEPS CURL* Sets 1 Reps 10-15 																					
DB TRICEPS KICKBACK Sets 1 Reps 10-15 																					
DB BENT ROW Sets 1 Reps 10-15 																					
DB LATERAL RAISE Sets 1 Reps 10-15 																					
CRUNCH Sets 1 Reps 10-15 																					

EXERCISE NAME	DATE																				
	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT
DIAGONAL CRUNCH Sets 1 Reps 10-15 																					
DB LUNGE SQUAT Sets 1 Reps 10-15 																					
DB DOUBLE FULL SQUAT Sets 1 Reps 10-15 																					
BRIDGING Sets 1 Reps 10-15 																					

Consult your physician before starting any exercise program.