

TimerTM DIET

EXERCISE JOURNAL

Measurements:

<input type="text"/> in.	<input type="text"/> in.	<input type="text"/> in.
Arms	Thighs	Hips
<input type="text"/> in.	<input type="text"/> in.	<input type="text"/> in.
Waist	Mid-Section	Rib cage

CARDIO/VIDEO

MIN. MIN. MIN. MIN.

TENNIS/RACQUETBALL
 TREADMILL/WALKING
 BIKING
 PACER
 ROLLERBLADING
 VIDEO-
 SWIMMING
 GOLFING
 HIKING

WEIGHT TRAINING

EXERCISE	SET #1		SET #2		SET #3	
	MIN	WT	MIN	WT	MIN	WT
B & T Adduction (Inner)						
Bun & Thigh Rocker (Quads)						
Leg Press						
Leg Lifts w/weight Inner						
Leg Lifts w/weight Outer						
Medium-Stance Hack Squat						
Pelvic Tilts						
Concentration Bicep Curls						
DB Chest Press						
DB Rowing						
Dumbbell Kickback						
Overhead Triceps Extension						
Chest Fly						
Crunches/Oblique's						