

Coin Fitness

Always see a Doctor before starting any exercise program. Coin Fitness is not responsible for any accidents or personal injury.

WEIGHT REDUCTION

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- * Improve health
- * Improve strength
- * Increased muscular tone and definition
- * Increased energy
- * Makes daily activities easier to perform



Warm Up
10 Minutes



Upright Row
Weight
Reps



Bicep Curl
Weight
Reps



Tricep Push Down
Weight
Reps



Butter Fly
_____ Weight
_____ Reps



Lat. Pull Down
_____ Weight
_____ Reps



Leg Press
_____ Weight
_____ Reps



Leg Extension
Weight
Reps



Cardio
_____ Time
(Try for 20 minutes)

INTENSITY OF TRAINING: 12-15 REPS.

Perform 1 set of each then repeat circuit 3 times with little rest

Perform circuit 3-5 times per week

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Form available for download at www.coinfitness.com