

HOTEL FITNESS®

PERSONAL EXERCISE SHEET

Travel Healthy...Stay Fit !®

C L U B

Name: _____

Phone: _____

Street Address: _____

City: _____

State: _____ Zip: _____

Restrictions: _____

Time		Date: _____						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
CARDIO	Warm-Up (5 min.)							
	Treadmill							
	Elliptical							
	Stationary Cycle							
	Stepper (5 min.)							

Reps / Sets		Date: _____						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
STRENGTH	Leg Extension/Leg Curl	/	/	/	/	/	/	/
	Chest Press/Seated Row	/	/	/	/	/	/	/
	Pec Fly/Rear Delt	/	/	/	/	/	/	/
	Leg Press/Calf Raise	/	/	/	/	/	/	/
	Abominal/Back	/	/	/	/	/	/	/
	Inner/Outer Thigh	/	/	/	/	/	/	/
	Rotary Torso	/	/	/	/	/	/	/
	Shoulder/Lat Pull	/	/	/	/	/	/	/
	Bicep/Tricep	/	/	/	/	/	/	/

Book Your Next Hotel Stay Online At: www.HotelFitnessClub.com

Obtain a medical examination before beginning any exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop exercising and consult your physician.