



# BBBF Cardio and Weight Training Workout Log

## Week 1

Weight Training Exercises	Day 1 Circuit 1		Day 1 Circuit 2		Day 2 Circuit 1		Day 2 Circuit 2	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Sit and Stand								
Good Mornings								
Wide Stance Squats								
Step Out with Arnold Presses								
Reverse Flies								
Rear Lunge with Rows								
Chest Presses								
Triceps Extensions								
Pushups								
Marching Biceps Curls								
Cardio Workouts								
Cardio Exercise/Activity					Time		PE**	
Ball and Body Cardio								
Stretch								
Core and Flexibility								

\*\*PE stands for Perceived Exertion. Choose your overall Perceived Exertion using this chart:

## Perceived Exertion Chart

Level 1 – I'm lounging around watching TV and feeling great.

Level 2 – I just got up and got myself a glass of wine. Now I feel even better.

Level 3 – I'm taking a leisurely stroll and could probably do this all day, especially if I had more wine.

Level 4 – I'm moving faster now and am starting to sweat. This is starting to feel suspiciously like exercise.

Level 5 – Now I know I'm exercising, but I'm only a little out of my comfort zone. I can still talk.

Level 6 – I'm working harder now and can still talk, but it's getting harder. I could use that wine right about now.

Level 7 – Okay, now I'm breathing harder and I can talk, but only in very short sentences.

Level 8 – I'm working really hard and can only stay at this level for a short time. I have no desire to talk.

Level 9 – Gun to head? I could talk. I think I might be dying.

Level 10 – I am dead.