

Microsoft Excel - Fitness.xls

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Type a question for help

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A3

	A	B	C	D	E	F	G	H	I	J	K	L
1	<b>Exercise Plan</b>											
2	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>						
3												
4	<b>Chest, back</b>	<b>Aerobics, abs</b>	<b>Legs</b>	<b>Aerobics, abs</b>	<b>Arms, shoulder</b>	<b>Aerobics</b>						
5	Stretch	Stretch	Stretch	Stretch	Stretch	Stretch						
6	Bench press	Sprints 20 min	Squat	Sprints 20 min	Barbell curl	Tennis						
7	Incline press	Bike 30 min	Leg press	Bike 30 min	Incline curl	Bike 20 mi						
8	1		1		1							
9	2		2		2							
10	3		3		3							
11	4		4		4							
12	Flyes	Crunch	Deadlift	Crunch	Pushdown							
13			Calf raise		Dips							
14	1	1	1	1	1							
15	2	2	2	2	2							
16	3	3	3	3	3							
17	4	4	4	4	4							
18	Pulldown	Reverse crunch	Leg extension	Reverse crunch	Dumbbell press							
19	Back extension		Lunges		Barbell press							
20	1	1	1	1	1							
21	2	2	2	2	2							
22	3	3	3	3	3							
23	4	4	4	4	4							
24	Hi-row	Leg lift	Leg curl	Leg lift	Front raise							
25	Reverse flv	Side crunch		Side crunch	Side raise							

Instructions Exercise Plan Nutrition Plan Food Checklist

Draw AutoShapes

Ready