


the kingsley 30min workout
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Date of Workout

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Station	Reps	Sets	Weight Used	My Time	Target Time
1 - Chest Press					2:00
2 - Leg Press					2:05
3 - Row					2:05
4 - Leg Extension					2:10
5 - Overhead Press					2:10
6 - Pulldown					2:30
7 - Hip Abduction /Adduction					2:25 / 2:25
8 - Abdominal					2:30
9 - Prone Leg Curl					2:30

Workout Tracker Breakdown

Station - The name and number of each machine.

Reps - (Repetitions) How many times you lift and lower the weight on each station without stopping to rest.

Sets - A group of **Reps** (lifting and lowering the weight). If you complete **12 Reps** and then rest, you have done **1 Set**.

Target Time - The amount of time you need to spend at each station to complete your workout in 30 minutes. Each Target Time is based on a **3 Sets** of **12 Reps** with a 15 second break between each **Set**, and a 45 second break between each station.