

EXERCISE CHECKLIST

Tracking your workouts helps you stick to the plan and is a visual reminder of how hard you've worked during the week! Each week, print a copy to record how you're doing at following the workout calendar.

DATE:	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	NOTES
-------	------	-------	------	--------	------	------	------	-------

Aerobics: 30 min.

Toe and heel walks								
Skip								
Hip circles								
Lunge								
Inchworm								
Aerobic activity								

Flexibility: 15 min.

Seated trapezius stretch								
Shoulder stretch								
Triceps stretch								
Lower back								
Hip flexor stretch in three planes								
Hamstring stretch								
Quadriceps stretch								
Calves								

Carry a Load: 20 min.

Leg abduction								
Adduction								
Plank								
Side plank								
Short arc squats/wall slides								
Straight leg raises								
Arm raises								
External and internal rotation								
Wall shin raises								
Heel step downs								

Equilibrium: 10 min.

Stork								
Toe raise								
Hip flexors								
Side leg raise								
Walk the line								