



Exercise Log



Exercise		Sets/Time						
		Mon	Tues	Wed	Thur	Fri	Sat	Sun
Arms	Press Pulse							
	Up Up Down Down							
	Arm Circle							
	Box Reach							
	Push Ups							
Legs	Calf Raises							
	Lunges							
	Squats							
	Accordions							
	Side to side							
Core	V-Ups							
	Windshield Wipers							
	Scissor Ups							
	Bicycle Crunch							
	Leg Lowerers							
Endurance	Cheer Jacks							
	Mountain Climbers							
	Burpees							
	1098							
	Run							
Jumps	Straddle Lifts							
	Toe Touches							
	Pikes							
	Hurdlers							
	Weighted TT							

