



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						

