



Name: _____ HR: _____ Day: _____

Date: _____					
	Lift/Exercise	Reps	Sets	Sec. Hold/Weight	Initial
Legs	Med Ball OR Dumbbell Squat + Hold			60 S. Weight	
	Med Ball OR Dumbbell Lunge			Weight	
	Choose Your Own Leg			Weight	
Chest/Back	Bench Press			Weight	
	Supine Overhand Pull Up OR Seated Row			Weight	
Core	Slide Crunch	30		X	
	Leg Raises	30		X	
	Plank	X		60 S.	

Exercises Completed: / 8

Date: _____					
	Lift/Exercise	Reps	Sets	Sec. Hold/Weight	Initial
Legs	Med Ball Squat + Hold			60 S. Weight	
	Med Ball/Dumbbell Lunge			Weight	
	Choose Your Own Leg			Weight	
Chest/Back	Bench Press			Weight	
	Supine Overhand Pull Up OR Seated Row			Weight	
Core	Slide Crunch	30		X	
	Leg Raises	30		X	
	Plank	X		60 S.	

Exercises Completed: / 8

Date: _____					
	Lift/Exercise	Reps	Sets	Sec. Hold/Weight	Initial
Legs	Med Ball Squat + Hold			60 S. Weight	
	Med Ball/Dumbbell Lunge			Weight	
	Choose Your Own Leg			Weight	
Chest/Back	Bench Press			Weight	
	Supine Overhand Pull Up OR Seated Row			Weight	
Core	Slide Crunch	30		X	
	Leg Raises	30		X	
	Plank	X		60 S.	

Exercises Completed: / 8

Date: _____					
	Lift/Exercise	Reps	Sets	Sec. Hold/Weight	Initial
Legs	Med Ball Squat + Hold			60 S. Weight	
	Med Ball/Dumbbell Lunge			Weight	
	Choose Your Own Leg			Weight	
Chest/Back	Bench Press			Weight	
	Supine Overhand Pull Up OR Seated Row			Weight	
Core	Slide Crunch	30		X	
	Leg Raises	30		X	
	Plank	X		60 S.	

Exercises Completed: / 8