



Name

Date:

WORKOUT LOG

| EXERCISE | | SET 1 | SET 2 | SET 3 | SET 4 | SET 5 | SET 6 | Aerobic Time / Heart Rate |
|------------------------------------|------|-------|-------|-------|-------|-------|-------|---|
| X-band Walk | LBS | na | na | na | na | | | |
| | Reps | 20 | 20 | 20 | 20 | | | Each direction to the left and right |
| Single Leg Band Kick back | LBS | NA | NA | NA | NA | | | |
| | Reps | 20 | 20 | 20 | 20 | | | Each leg |
| Jack Knives with balance ball | LBS | NA | NA | NA | NA | | | These highlighted in yellow indicate a superset, go immediately first |
| | Reps | 20 | 20 | 20 | 20 | | | to second exercise then repeat. |
| Balance Ball Glute Raise or Bridge | LBS | NA | NA | NA | NA | | | |
| | Reps | 20 | 20 | 20 | 20 | | | |
| Curtsy Box Lunge | LBS | NA | NA | NA | NA | | | |
| | Reps | 20-25 | 20-25 | 20-25 | 20-25 | | | Each leg |
| Step-up High Kicks | LBS | NA | NA | NA | NA | | | |
| | Reps | 20 | 20 | 20 | 20 | | | |
| Bird Dogs | LBS | NA | NA | NA | NA | | | |
| | Reps | 20-25 | 20-25 | 20-25 | 20-25 | | | Each Leg |
| Alternating High knee Kicks | LBS | NA | NA | NA | NA | | | |
| | Reps | 20-25 | 20-25 | 20-25 | 20-25 | | | Each Leg |
| | LBS | | | | | | | |
| | Reps | | | | | | | |
| | LBS | | | | | | | |
| | Reps | | | | | | | |
| | LBS | | | | | | | |
| | Reps | | | | | | | |