



**Elevate Your Game
Maximize Your Potential**

EXERCISE LOG SHEET

EXERCISES	Date completed	1 ST SET REPS	TIME	2 ND SET REPS	TIME	3RD SET REPS	TIME
SQUATS							
WALL SITS							
LUNGES							
HIGH PLANK							
LOW PLANK							
ALTERNATE HIGH/LOW PLANK							
PUSH-UPS							
PULL-UPS							
Assisted Chin-up							
TRICEPS DIP							
Bear crawls							
ABDOMINAL TWISTS W/ BALL							
FLUTTER KICKS (ABS)							
SIT-UPS							
BICYCLE KICKS							
JUMP ROPE							
Low Plank alternate knee to elbow kick							