

Name:

<u>Exercise</u>	Day/Date =>													
	reps	wt	reps	wt	reps	wt	reps	wt	reps	wt	reps	wt	reps	wt
<u>Core</u>														
<u>Resistance</u>														
<u>Cardio</u>														
<u>Stretch</u>														