

Add Date to week, list weight and reps performed and add a check mark for every session you repeat that amount.



Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Cues
CARDIO: Bike/ Elliptical /Walking /Swimming									Time
Strength A Core/Back									1 min Each
1.									
2.									
2.									
Strength B Shoulders/Arms									
1.									
2.									
2.									
Strength C Hips/Legs									
1.									
2.									
2.									
Balance									