

# TRAININGPAD

## EXERCISE JOURNAL

### Full Body Body Weight

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- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW (body weight), BB (bar bell), DB (dumbbell), KB (kettle bell), r (reps), h (hold), B (bosu)*

EXERCISES	SUGGESTED WEIGHT	NOTES
<b>30s work, 12s rest, 2 rounds</b>		
Fast feet & arm rolls		
Lunge & Donkey Kick x2		
Side to side hops		
Single leg burpees x2		
Forward backward frog jumps		
Jumping Jack Squats		
<b>REST 40s</b>		
Single leg hip raise x2		
Bench or chair dips		
Bench or chair lateral jumps		
One leg bent over straight leg lifts x2		
Knee fire hydrants x2		
<b>REST 40s</b>		
<b>Shadow Boxing</b>		