

TRAININGPAD

EXERCISE JOURNAL

- 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)*

40s-1min work / 15-30s rest ea	SUGGESTED WEIGHT	NOTES
Banded lateral walks		
Banded hip thrusts		
One legged tip-overs x2		R leg, L leg
Band reverse rows		Band around wrists
Banded seated rows		
Plank alternating DB raise		
Wall hold w- front raises DB		
Wall hold w- lateral raises DB		
Wall hold w- shoulder presses DB		
Sock hamstring curls		On hardwood floor
Knee push ups		
Close grip Isometric pushup hold		
One legged bicep curl DB		R leg
One legged hammer curl DB		L leg
Leg raises w- DB Isometric hold		Hold DBs arms straight over chest
Bicycle crunches		
Russian DB twists		
Stretch each muscle at least 30s		