

Exercise

Date: _____

Strength Training

Muscle Group	Type of Exercise	Number of Reps	Weight (lbs.)	Stretch
Chest Pectorals				
Shoulders Deltoids				
Back Latissimus Dorsi				
Torso Abdominal				
Arms Triceps Biceps				
Thigh Quadriceps Hamstrings				
Calves				

Aerobic Exercise

Type of Exercise	Minutes	Warm-Up	Cool-Down
Aerobic			
Bicycle			
Dance			
Hike			
Jog			
Other:			
Ski			
Sport			
Stairs			
Swim			
Walk			

NOTES: