Name: Exercise Log

	Week 10		Week 11	
Date:				
ARMS:				
Overhead Press	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps
Biceps Curl	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps
Bent Forward Fly	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps
Wrist Curl	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps
OTHER:				
Chest Press	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps
Back Extension	1st set: reps 2nd set: reps	1st set: reps 2nd set: reps	1st set: reps 2nd set: reps	1st set: reps 2nd set: reps
BALANCE:				
One-legged Stork	Right Leg: seconds Left Leg: seconds	Right Leg: seconds Left Leg: seconds	Right Leg: seconds Left Leg: seconds	Right Leg: seconds Left Leg: seconds

Name: Exercise Log

	Week 10		Week 11	
Date:				
LEGS:				
Wide Leg Squat	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps
Standing Leg Curl	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps
Knee Extension	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps
Side Leg Raise	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps	Right Leg: Lbs reps Lbs reps Left Leg: Lbs reps Lbs reps
Standing Calf & Toe Raise	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps	1st set: Lbs reps 2nd set: Lbs reps