WORKOUT LOG ASSIGNMENT #10

Track your fitness and strength training progress.

WEIGHT: SLEEP (hrs):

MONDAY - EXERCISES Warm Up - Jumping Jacks	REPS / SETS 25 10 steps to right/10 to the left (3 sets) 10 steps to right/10 to the	<u></u>	Warm Dynamic		REPS / S	ETS 🗸				REPS / SETS	√			
art Time: and Time: MONDAY - EXERCISES Warm Up - Jumping Jacks mamic Stretches Side to Side Shuffle	REPS / SETS 25 10 steps to right/10 to the left (3 sets) 10 steps to	<i>y</i>	End Tim WEDNE Warm Dynamic	SDAY - EXERCISES Up - Jumping Jacks		ETS /]	End Time	e: EXERCISES		✓			
MONDAY - EXERCISES Varm Up - Jumping Jacks namic Stretches Side to Side Shuffle	10 steps to right/10 to the left (3 sets) 10 steps to	/	End Tim WEDNE Warm Dynamic	SDAY - EXERCISES Up - Jumping Jacks		ETS 🗸]	End Time	e: EXERCISES		<u> </u>	,		
Warm Up - Jumping Jacks ynamic Stretches Side to Side Shuffle	10 steps to right/10 to the left (3 sets) 10 steps to	/	WEDNE: Warm Dynamic	SDAY - EXERCISES Up - Jumping Jacks		ETS 🗸]	FRIDAY -	EXERCISES		/	,		
ynamic Stretches Side to Side Shuffle	10 steps to right/10 to the left (3 sets) 10 steps to		Warm Dynamic	Up - Jumping Jacks		ETS 🗸]				/	•		
Warm Up - Jumping Jacks ynamic Stretches Side to Side Shuffle	10 steps to right/10 to the left (3 sets) 10 steps to		Dynamic]	Warm	In - Jumping Jacks		ٺ	,		
ynamic Stretches Side to Side Shuffle	right/10 to the left (3 sets)		Dynamic				-			20				
	right/10 to the left (3 sets)		Wa					Dynamic	Stretches					
Carioca/ Grapevine				all Knee to Chest				Ho	eel to Rear Jog	10 steps to right/10 to the left (3 sets)				
	left (3 sets)		Lun	ge Walk with Twist				Wa	III Knee to Chest	10 steps to right/10 to the left (3 sets)				
Backpedal Jog	60 seconds (3 sets)		S	Straight Leg Kick				Powe	er Skip plus Reach	60 seconds (3 sets)				
orkout- Upper Body Muscle B	uilding		Workout	- ABS				Workout-	Upper Body Muscle B	uilding				
Bicep Curls	12 per arm (3 Sets)		St	raight Leg Sit Up	25 (3 se	ets)			Bicep Curls	12 per arm (3 Sets)				
Tricep Kickbacks	12 per arm (3 Sets)		F	Pilates Scissors	25 (3 Se	ets)		Tr	icep Kickbacks	12 per arm (3 Sets)				
Pushups	10 (3 sets)			V Sits	25 (3 Se	ets)			Pushups	10 (3 sets)				
Dips	15 (3 sets)								Dips	15 (3 sets)				
COOL DOWN STRETCHES			COOL	DOWN STRETCHES				COOL	DOWN STRETCH					
=	-	і Uр са		plan. Please make s d in the previous wo	orkouts.	do that		n prior to	this one if you are	behind.		INT	TIME	DIST
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PARTOIO EXERCICEO	5													
SANDIO EXERCIDEO														
OARDIO EAEROIGEO														
ONIDIO EXENDED														
	A / H= HAPP													
intensity: E = EASY / M=MEDIUI	M 7 H= HARD N PURPLE IS EXT	RA CRE	EDIT AS NOTI	ED										
ntensity: E = EASY / M=MEDIUI **** ANYTHING HIGHLIGHTED II DPTIONAL:	M / H= HARD N PURPLE IS EXT	RA CRE	EDIT AS NOTI	ED										
*Intensity: E = EASY/M=MEDIUI ***********************************	M 7 H= HARD N PURPLE IS EXT		EDIT AS NOTI	ED M Tu W Th F Sa Su		M Tu W T	The Figure 2		M Tu W Th F Sa				M Ti W	h F Sa Su