



Exercise Log

Date (Day/Month/Year): _____

Start Time: _____

End Time: _____

Name of Workout: _____ **BEGINNER- BALL and RESISTANCE BAND ROUTINE** _____



Body Parts Trained (Circle all that apply):

Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/AEROBIC/CONDITIONING EXERCISE

<i>EXERCISE</i>	<i>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</i>	<i>NOTES</i>
Cardio Warm-up (Treadmill/Bike/Jumping Jacks/Stairs/etc)	4-5 minutes medium intensity	Any exercise that elevates heart rate (Jumping jacks, stairs, etc) If you choose to do your 30 min Metabolic Interval Training (MIT) routine on same day as Resistance Training (RT), perform at the end of the (RT) routine or 5+ hours before or after to get best results.

WEIGHT, STRENGTH & RESISTANCE TRAINING

<i>EXERCISE</i>	<i>WEIGHT</i>	<i>SETS</i>	<i>REPS</i>	<i>MOVEMENT</i>
<u>GROUP A</u>				
Ball/Wall Squats	BW	2-3	15	<ol style="list-style-type: none"> Place ball between lower back and the wall. Stand with feet wide and toes pointing out while leaning back against ball. Put body weight back in your heels as you lower your body down as far as possible to perform squat. Make sure to keep knees behind the toes in order to protect your knees from injury. As you squat, push glutes back towards the wall and keep your back as upright as possible. Repeat at a slow and controlled pace. 
Band Lateral Abduction Steps	BW	2-3 each direction	15 each direction	<ol style="list-style-type: none"> Place the center of the band over the top of your shoes. Wrap band around the outside of each foot, bringing back under, around, and up against the inner side of the feet. Make sure the band is fully secured under arches of feet. Hold handles low at hip level. Step as far out to the right as possible with right foot and then bring left foot in to the right just a few inches but not coming all the way in to right foot. Step right foot out again as far as possible. Repeat. 

Band Bicep Curls	Band	2-3	15	<ol style="list-style-type: none"> Stand with feet shoulder width apart with your feet placed over the middle of the band. Hold a handle in each hand, starting with your arms down at your sides. With palms facing up, pull the band up towards your shoulders by bending at the elbows until you get a full bicep contraction. Slowly lower back down but do not extend arm completely straight. Repeat at a slow and controlled pace.
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CARDIO BLAST-JJ's	0	1	90 sec	Choose a plio or cardio machine. Normal pace for the first 30 seconds, AS FAST AS POSSIBLE for the next 30 seconds, and slow for the final 30 seconds.
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GROUP B

Ball Glute Bridges	BW	2-3	15	<ol style="list-style-type: none"> Lie on floor on your back. Place both feet flat against ball and hands lateral to body with palms down on the floor for stability. Lift glutes up off of the ground while contracting glutes and hamstrings, keeping core locked for balance. Lower back down slowly but do not rest at the bottom of the movement. Touch glutes back down and repeat.
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Tricep Push-ups (on knees or hands on bench)	BW	2-3	15	<ol style="list-style-type: none"> Begin in push-up position: Facing the floor, hands on floor with arms fully extended. You will be on your knees with feet up in the air if possible. You can also put hands on an elevated surface to modify. Hands (thumbs) should be no more than 3 inches apart and directly under shoulders. Keep all bodyweight on upper body throughout the entire set. Keeping back flat and butt down, lower upper body towards the floor by bending elbows straight back as opposed to straight out. Try to keep shoulder to elbow area as close to your sides/lats as possible. Push body back up and repeat at a slow and controlled pace.
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***Beginner-on knees or hands on bench**



Ball Balancing Elbow to Knee Touches-(same side or alternating)	BW	2-3	15 each leg	<ol style="list-style-type: none"> Place stability ball against a wall/secure object. Begin in push-up position, with hands or forearms on the top of the ball. Keep back and butt down throughout entire set. Bring right knee in towards right outer elbow area in order to contract abdominals. Extend right leg straight back behind you without touching the floor. Bring right knee back in and repeat at a slow and controlled pace.
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*** You can also alternate leg as shown in picture above.**

CARDIO BLAST-JJ's	0	1	90 sec	Choose a plio or cardio machine. Normal pace for the first 30 seconds, AS FAST AS POSSIBLE for the next 30 seconds, and slow for the final 30 seconds.
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GROUP C

Bicycles	BW	2-3	15 each side	<ol style="list-style-type: none"> 1. Begin lying on your back on the floor. Start with both legs straight out in front of you. 2. Both feet will be up off of the floor throughout entire set. 3. Lift upper body up and cross right elbow over to the left side of the body. As you twist to the left with your right elbow, bring left knee up towards right elbow. 4. Immediately after, lower left knee and straighten leg out in front of you. Simultaneously, lower right elbow back down. 5. Next, rotate upper body over by crossing left elbow over to the right and bringing right knee up towards left elbow. 6. Keep a slow and controlled pace and alternate sides each repetition. Contract abs as you cross over each time. 
Knee-Up Crunches	BW	2-3	15	<ol style="list-style-type: none"> 1. Lie down on the floor, on your back, with knees bent and feet just 1-2 inches above the floor. 2. Lift legs up (simultaneously) towards stomach, keeping knees bent at the same angle throughout the entire set. Upper body will stay down on floor throughout the entire set as well. 3. Lower feet down towards the floor as close as possible without touching. 4. Lift back up and repeat at a slow and controlled pace. 
FINAL CARDIO BLAST	0	1	90 sec	Choose a plio or cardio machine. Normal pace for the first 30 seconds, AS FAST AS POSSIBLE for the next 30 seconds, and slow for the final 30 seconds.

OVERALL WORKOUT RATING (1-10)		WORKOUT NOTES:	Perform each exercise in <u>GROUP A</u> 1 time and then go back through to complete 2-3 sets per exercise within that group. Do the same for <u>GROUPS B and C</u> but make sure to do the CARDIO BLAST 1 time in between groups. END WITH FINAL CARDIO BLAST!
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