

Exercises	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Weight#?							
Jumping Jacks#							X
Squats#							X
Pushups#							X
Sit-ups#							X
Planks *							X
Stretching √							X
Pull-ups #							X
Walking/Running							X
Lunges#							X
Leg lifts/Sit-ups#							X
10 Basic Blocks							X
# Punches							X
10 Stances							X
Practice Form							X

Exercises	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Weight#?							
Jumping Jacks#							X
Squats#							X
Pushups#							X
Sit-ups#							X
Planks *							X
Stretching √							X
Pull-ups #							X
Walking/Running							X
Lunges#							X
Leg lifts#							X
10 Basic Blocks							X
# Punches							X
10 Stances							X
Practice Form							X