

Date:

Movement	Reps	Weight/Height	Task/Goal	RPE	P	D
Burn Effect						
Knee + Hip Opener						
Stick						
Band Arm						
Shoulder/Wrist Warm up						
Foot Warm up						
3x Weighted Bar			full line squat walks			
1x Ball						
Leg Swings						
Set 1						
Set 2						
Set 3						
Set 4						
Set1						
Set2						
Set3						
Set 1					3	
Set 2					3	
Set 3					3	
Set 4					3	
Set 5					3	
Set 1					2	
Set 2					2	
Set 3					2	
Set 4					2	
Set 5					2	
Line Accessory			Breathing			
One Leg						
Back						
Knee						