

Exercise Journal

Monday, March 5, 2018 3:20 PM

Date	Exercise
1/9	TRX - intro to exercises Elliptical - 30 min Horse-back riding - flat - 45 min
1/10	Riding - flat - 45 min
1/11	Elliptical - 20 min warm up Weight lifting - full body
1/12	Riding - jump conditioning - 60 min
1/14	Riding - flat - 45min
1/16	TRX - 1 hr Treadmill - 20 min
1/17	Riding - bareback - 20 min
1/18	TRX - 1hr
1/19	Riding - flat - 45 min
1/21	Riding - jumping - 60 min
1/23	TRX - 1 hr Elliptical - 30 min
1/25	TRX - 1 hr
1/30	TRX - 1 hr Doggy run - 20 min
2/4	Plank, push ups, wall sits (traveling)
2/7	Plank, push ups, wall sits (traveling)
2/13	TRX - 1hr Riding- flat -45 min
2/14	Riding - jumping - 60 min
2/16	Riding - bareback - 20 min (abs ouch)
2/18	Riding - flat 30 min
2/19	Jog - 20 min
2/20	TRX - 1hr Elliptical - 20 min
2/22	TRX - 1hr
2/27	TRX -1hr
3/1	TRX - 1hr Riding - flat - 45 min

Reflection:

I've really enjoyed learning TRX this quarter! I generally stay fairly active throughout the day with walking the dog and riding the horse, however, I don't spend very much time strength training or working on upper body. As such, I've found that my back in particular is very weak, and it causes me pain regularly. TRX had me doing back exercises regularly, in a

way that wasn't painful (the weight lifting options were always too much), and I've definitely noticed an improvement in my posture and pain levels. I like the variety of exercises that we do, and I really appreciate the fact that each exercise is done for a fairly short period of time. I feel like I get just the perfect amount of exercise without feeling overly tired throughout the rest of my day.

My main goal in the beginning of the quarter was to do push-ups and other back exercises at least 4 times a week. This was a lot easier with TRX, because my 2 times a week were already done! I motivated myself to do the other 2 times a week by training my dog to do them with me :)

Thanks so much for this experience!