

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
Tieer Naise	Rep:							
Mini Squat	Set:							
Will il Squat	Rep:							
Marching on	Set:							
the Spot	Rep:							
Standing Hip	Set:							
Abduction	Rep:							
Standing	Set:							
Kickbacks	Rep:							
Lieu d Oliveire	Set:							
Hand Climbs	Rep:							
Wall Press	Set:							
Ups	Rep:							
Diagra Conda	Set:							
Bicep Curls	Rep:							
Maint Court	Set:							
Wrist Curls	Rep:							



Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
i ieei ivaise	Rep:							
Mini Squat	Set:							
Rep:	Rep:							
Marching on	Set:							
the Spot	Rep:							
Standing Hip	Set:							
Abduction	Rep:							
Standing	Set:							
Kickbacks	Rep:							
	Set:							
Hand Climbs	Rep:							
Wall Press	Set:							
Ups	Rep:							
Diagra Conda	Set:							
Bicep Curls	Rep:							
W.: (O . :	Set:							
Wrist Curls	Rep:							



Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
Tieel Naise	Rep:							
Mini Squat	Set:							
Rep:	Rep:							
Marching on	Set:							
the Spot	Rep:							
Standing Hip	Set:							
Abduction	Rep:							
Standing	Set:							
Kickbacks	Rep:							
	Set:							
Hand Climbs	Rep:							
Wall Press	Set:							
Ups	Rep:							
Diagra Condi	Set:							
Bicep Curls	Rep:							
Maint Occul	Set:							
Wrist Curls	Rep:							



Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
Tieer Naise	Rep:							
Mini Squat	Set:							
Will Squat	Rep:							
Marching on	Set:							
the Spot F	Rep:							
Standing Hip	Set:							
Abduction	Rep:							
Standing	Set:							
Kickbacks	Rep:							
Hand Climbs	Set:							
Hand Climbs	Rep:							
Wall Press	Set:							
Ups	Rep:							
Diggs Curls	Set:							
Bicep Curls	Rep:							
Wrigh Curls	Set:							
Wrist Curls	Rep:							
Heel Raise	Set:							
	Rep:							



With regards to your exercises, what are your goals that you wish to achieve within the next 4 to 6 weeks?
Long Term Goals
With regards to your exercises, what are your goals that you wish to achieve within the next 6 to 12+ weeks?