

DAILY WORKOUT LOG

Day of Week:	Date:
Goals:	
Aerobic Exercise:	Time/Distance:
Aerobic Exercise Notes:	

BALANCE TRAINING

Exercise	Time Held	Sets	Objects Used	Notes
Balance Reach				
Marching Balance				
Tandem Stance				
Single Leg Stance				

STRETCHES

RESISTANCE & STRETCHING NOTES

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RESISTANCE TRAINING

Resistance Exercise Options:	Dumbbells	Resistance Bands	Body Weight	
Exercise	Resistance Used	Sets	Reps	Notes
Upper Body Exercises				
Chest Press		2	10-12	
Standing Row		2	10-12	
Overhead Press		2	10-12	
Row		2	10-12	
Armchair Pushup		2	10-12	
Assisted Pushup		2	10-12	
Overhead Arm Extension		2	10-12	
Single Leg Dumbbell Row		2	10-12	
Abdominal Exercises				
Bridge		2	10-12	
Cross Crunch		2	10-12	
Lower Body Exercises				
Chair Squat		2	10-12	
Standing Squat		2	10-12	
Standing Squat with Resistance		2	10-12	
Side Stepping with Resistance		2	10-12	

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STRETCHES

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RESISTANCE & STRETCHING NOTES

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RESISTANCE TRAINING

Resistance Used (Circle One):	Dumbbells	Resistance Bands	Body Weight	
Exercise	Weight (lbs.)	Sets	Reps	Notes
Seated Chest Press		2	10-12	
Standing Row		2	10-12	
Overhead Press		2	10-12	
Chair Squat		2	10-12	
Assisted Pushup		2	10-12	
Bridge		2	10-12	
Single Leg Dumbbell Row		2	10-12	
Side Stepping		2	10-12	