7th Period - 2nd Semester **Name** _____ **Teacher** _____

	Date:																	
	Exercise	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**	**Tm**	**Wt**	**Reps**
1	Incline chest																		
2	Back lunge																		
3	Ab Tw - Ball																		
4	Alt Shldr pr																		
5	St.side leg lift																		
6	Plk: U/D + PU																		
7	Alt Bicep																		
8	Plyometric																		
9	Ab Reach-ball																		
10	Plk: Opp A/L																		
11	Butt Kicks																		
12	Pilates-Rollup																		
13	St. Tricep																		
14	St.passe+shrg																		
15	Ball-Roll+tw																		
16	St Chest Thrw																		
17	Lunge side																		
18	Cont. sq thrst																		
19	Plk: f,s,shldr																		
20	Balnc B/Pro st																		