

Foam Roller / Stretch	Sets	Duration

Functional Exercises	Sets	Reps

Cardio Exercise	Duration

Core & Balance Exercises	Sets	Reps

SAQ Exercises	Sets	Reps

Body Part	Resistance Exercise	Sets	Reps	Weight
Total Body				
Chest				
Back				
Shoulders				
Bicep				
Tricep				
Legs				
Abs				

Cool Down	Sets	Reps