



Exercise Log Beginner



exercise	# of reps	total time	notes
jumping jacks			
pushups			
sit-ups			
1-minute plank			
30 sec side plank			
lunges			
squats			
straight leg lifts			
1-min wall sit			
high knees			
hip thrusts			
butterfly kicks			
mountain climbers			
jumping rope			

sprint distance: _____

sprint time: _____