

Week

Please put in Mondays date

	Monday		Wednesday		Friday	
	Write Date in Here		Write Date in Here		Write Date in Here	
	Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
Exercise 1						
Exercise 2						
Exercise 3						
Exercise 4						
Exercise 5						
Exercise 6						
Exercise 7						
Exercise 8						
Exercise 9						
Exercise 10						
Exercise 11						