


















		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Strength Training Log												
Chest Press Chest												
	<ul style="list-style-type: none"> • 2-3 sets • 10-15 reps • Resistance Band needed 											
High Row Back												
	<ul style="list-style-type: none"> • 2-3 sets • 10-15 reps • Resistance Band needed 											
Bicep Curl Biceps												
	<ul style="list-style-type: none"> • 2-3 sets • 10-15 reps • Resistance Band needed 											
Kickbacks Triceps												
	<ul style="list-style-type: none"> • 2-3 sets • 10-15 reps • Resistance Band needed 											
Shoulder Press Shoulders												
	<ul style="list-style-type: none"> • 2-3 sets • 10-15 reps • Resistance Band needed 											
Lunges Legs												
	<ul style="list-style-type: none"> • 2-3 sets • 10-15 reps 											
One Leg Bridges Hamstrings												
	<ul style="list-style-type: none"> • 2-3 sets • 10-15 reps on each leg 											
Bicycles Abs												
	<ul style="list-style-type: none"> • 2-3 sets • 20-30 reps 											
Stretches												
												

Exercises	Instructions and Tips
	<p>Chest Press Muscles Worked Chest (primary), Shoulders and Triceps Equipment Needed Resistance Tube Instructions Attach your resistance tube to the door strap and close your door with your door strap between the door and door frame. Place one leg in front of you with your arms at a 90 degree angle grasping the handles (palms facing down). Make sure your hands are about chest level. Extend your arms without moving your body forward then slowly return to the starting position and repeat 8-15 reps.</p>
	<p>High Row Muscles Worked Upper Back (primary) and biceps Equipment Needed Resistance Tube Instructions Attach your resistance tube to the door strap and close your door with your door strap between the door and door frame. Start with your arms fully extended, palms facing down, knees bent, and feet slightly wider than shoulders width. Pull the handles back so they stop at your chest and squeeze your shoulder blades together. Return to your starting position and repeat 8-15 reps.</p>
	<p>High Bicep Curl Muscles Worked Biceps (primary) and forearms Equipment Needed Resistance Tube Instructions Attach your resistance tube to the door strap and close your door with your door strap between the door and door frame. Start with your arms fully extended, palms facing up, knees slightly bent, and feet about shoulders width. Flex your elbows so your hands stop at ears. Return to your starting position and repeat 8-15 reps.</p>
	<p>Triceps Kickback Muscles Worked Triceps (primary) Equipment Needed Resistance Tube Instructions Attach your resistance tube to the door strap and close your door with your door strap between the door and door frame. Slightly bend over while keeping your head up, back flat, and palms facing down. Place your elbows by your rib cage and extend your elbows until they are straight. Return to your starting position and repeat 8-15 reps.</p>
	<p>Shoulder Press Muscles Worked Shoulders (primary), and triceps Equipment Needed Resistance Tube Instructions Place the resistance tube under the arch of one foot (does not matter which one). Step through the resistance tube so your back leg is the leg standing on the tube. Position your arms up and beside you at a 90 degree angle with your palms facing forward. Extend your arms up until your elbows are full extending. Return to your starting position and repeat 8-15 reps.</p>
	<p>Lunges Muscles Worked Quadriceps (primary), hamstrings, gluteus Equipment Needed None Instructions Stand with your feet about hips with apart and take a step out with your right foot. While keeping you back straight, lower your left knee (back leg) towards the floor. At the end of this movement your left foot (back leg) should end up on your toes. Make sure your front knee does not go past your toes. Return to your starting position and repeat 8-15 reps. Once complete repeat on the opposite leg</p>
	<p>One Leg Bridges Muscles Worked Gluteus, (primary), hamstrings, lower back Equipment Needed None Instructions Lie on your back and lift the right leg up while keeping it bent. Push down on the floor with the left leg and left your glutes and lower back of the floor. Return to your starting position and repeat 8-15 reps. Once complete repeat on the opposite leg.</p>
	<p>One Leg Bridges Muscles Worked Abdominals Equipment Needed None Instructions Lie on your back with both knees bent and your fingers behind your head. Bring your left knee towards your chest and your right elbow towards your left knee (lifts your left shoulder off the floor and twist towards the right). Repeat in the opposite side and continue in a fluid motion. Perform 20-30 reps.</p>
