Repetition and Goals Tracker

work your M.O.T.O.R.

EXERCISES	SUN REPS	MON REPS	TUE REPS	WED REPS	THU REPS	FRI REPS	SAT REPS	NOTES Stronger than last week, felt great, tired, etc.
Seated Core Exercises								
Weight shift forward and backward								
Weight shift side to side								
Knee raises								
Seated crunch								
Seated twist								
Lower Body Strengthening / Dynamic Standing Balance								
Heel slides								
Seated marching								
Knee extension								
Sit to stands								
Side hip raises								
Squats								
Hip extension								