



**Phillips
Coaching**
Developing positive
pathways

NAME:

#1

			WEEK 1					WEEK 2					WEEK 3					
			ENTER DATE:					ENTER DATE:					ENTER DATE:					
Day 1 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	Alt Step Back Lunge		L&R=1															
2	Prone Leg Rotations		Each Rep															
3	Reverse Crunch/Pulse Crunch Combo		Each Rep / Swap 5															
			TOTALS:															
				ENTER DATE:					ENTER DATE:					ENTER DATE:				
Day 2 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	Star Jump Front Raise		Each Rep															
2	Unilateral V-Sit		Each Rep / Swap 10															
3	Step Back Lift & Press		Each Rep															
			TOTALS:															
				ENTER DATE:					ENTER DATE:					ENTER DATE:				
Day 3 Exercises			Count	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:	RND 1	RND 2	RND 3	RND 4	TOTALS:
1	Lunge Step Ups		Each Rep															
2	Shoulder Taps		L&R=1															
3	Wide Leg Pulse Crunch		Each Rep															
			TOTALS:															

SUBSTITUTE EXERCISES AS NEEDED, HOWEVER ALWAYS USE THE SAME TIMING AND SCORESHEET TO FILL-IN SCORES