



**Phillips
Coaching**
Developing positive
pathways

NAME:

#1

WEEK 1						WEEK 2					WEEK 3				
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ENTER DATE:						ENTER DATE:					ENTER DATE:				
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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 w/ Ball	Each Bounce															
2	Prone Leg Rotations w/ Ball	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 w/ Ball	Each Rep															
2	Unilateral V-Sit w/ Ball	Each Rep / Swap 10															
3	Step Back Lift & Press w/ Ball	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 w/ Ball	Each Rep															
2	High Plank Ball Taps	L&R=1															
3	Wide Leg Pulse Crunch w/ Ball	Each Rep															
		TOTALS:															

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