**Monday**

**5 Warm Up Exercises**

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Mark if you did these exercises today (Yes/No)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|  |  |  |  |  |  |

**Monday**

**5 Strength Exercises: Advanced**





Mark if you did these exercises today (Yes/No)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|  |  |  |  |  |  |

**Monday**

**8 Balance Exercises: Advanced Level**





Mark if you did these exercises today (Yes/No)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|  |  |  |  |  |  |