**Friday**

**5 Warm Up Exercises**

****

Mark every exercise you did today

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Example | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 |
|  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week 10 | Week 11 | Week12 | Week13 | Week 14 | Week 15 | Week 16 | Week 17 |  |
|  |  |  |  |  |  |  |  |  |

**Friday**

**5 Strength Exercises: Advanced**





Mark every exercise you did today

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

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

**Friday**

**8 Balance Exercises: Advanced Level**





Mark every exercise you did today

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

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