

's EXERCISE CHART



Use this chart to begin a daily exercise routine. Set your daily goals in the first shaded column below then track your weekly totals in the second shaded column. Refer to the box at the bottom of this page to find other ways of keeping physically fit. Remember that a good diet is also an important part of keeping healthy.

WEEK OF:	DAILY GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
SIT UPS	#	#	#	#	#	#	#	#	#
PUSH UPS	#	#	#	#	#	#	#	#	#
JUMPING JACKS	#	#	#	#	#	#	#	#	#
RUNNING IN PLACE	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN
STRETCHING	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN	MIN
OTHER:									
OTHER:									

OTHER WAYS TO KEEP PHYSICALLY FIT:

JOIN A SPORTS TEAM

JUMP ON A TRAMPOLINE

PLAY CATCH

GO FOR A BIKE RIDE

DANCE

GO JOGGING

GO SWIMMING

USE EXERCISE EQUIPMENT

GO FOR A WALK

JUMP ROPE

GO ROLLER-BLADING

LIFT WEIGHTS

3 Week Exercise Chart Template

Janet A. Wessel

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NPTI's Fundamentals of Fitness and Personal Training Henriques, Tim,2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

High-Performance Training for Sports David Joyce,Daniel Lewindon,2014-06-09 High Performance Training for Sports changes the landscape of athletic conditioning and sports performance This groundbreaking work presents the latest and most effective philosophies protocols and programmes for developing today's athletes High Performance Training for Sports features contributions from global leaders in athletic performance training coaching and rehabilitation Experts share the cutting edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA NFL MLB English Premier League Tour de France and International Rugby Combining the latest science and research with proven training protocols High Performance Training for Sports will guide you in these areas Optimise the effectiveness of cross training Translate strength into speed Increase aerobic capacity and generate anaerobic power Maintain peak conditioning throughout the season Minimise the interference effect Design energy specific performance programmes Whether you are working with high performance athletes of all ages or with those recovering from injury High Performance Training for Sports is the definitive guide for developing all aspects of athletic performance It is a must own guide for any serious strength and conditioning coach trainer rehabilitator or athlete [Complete Guide to Landmine Training](#) David Otey,Joe Drake,2025-03-20 When training for fitness or performance you have an array of equipment to choose from Unfortunately pain or limitations related to the knees hips lower back or shoulders can limit your options with dumbbells barbells or machines The need for an alternative way to load the body in unique joint friendly positions is at the heart of why the landmine was created Complete Guide to Landmine Training is the ultimate resource for everything you need to know about this powerful training device Renowned coaches David Otey and Joe Drake break down the science behind landmine training why it works where it is most effective and how you can immediately begin to reap its benefits Inside the book you will find the following 82 exercises for the upper body lower body full body and core with coaching cues and modifications including countless options for training around restrictions 35 workouts to train for total body conditioning advanced conditioning hypertrophy strength and power that feature options for using the landmine alone or in combination with other equipment The foundations of program design to help you understand training principles that can be applied to any workout not just those using a landmine Don't get stuck in the same old routine Complete Guide to Landmine Training is the secret to adding versatile joint friendly workouts to your training Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam *Advanced Sports Conditioning for Enhanced Performance* IDEA Health & Fitness,2002 **Movement**

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