

## QUANTIFY YOUR TRAINING

### Core & Lower Body Workout

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

LENGTH OF WORKOUT: \_\_\_\_\_

MOOD WHEN STARTING: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Ab Crunches			
Dumbbell Lung			
Stability Ball Rollout			
Forward Jump-ups			
Stability Ball Double Leg Drop			
Bungee Side-Step			
Hammers			
Bungee Squat/Side Leg Raise			
C's Ab-Leg Bung-Crunch			
Bungee Kneeling Glute Kickback			

training, nutrition, rest, notes: