

AT HOME EXERCISES

DATE:

Exercises to develop the back muscles

| | One arm rows | | Bent over rows | |
|-------|--------------|--------|----------------|--------|
| | Reps | Status | Reps | Status |
| Set 1 | | | | |
| Set 2 | | | | |
| Set 3 | | | | |

Exercises to develop the chest muscles

| | Push ups | | Flyes | |
|-------|----------|--------|-------|--------|
| | Reps | Status | Reps | Status |
| Set 1 | | | | |
| Set 2 | | | | |
| Set 3 | | | | |

Exercises to develop the shoulder muscles

| | Shoulder press | | Lateral raises | |
|-------|----------------|--------|----------------|--------|
| | Reps | Status | Reps | Status |
| Set 1 | | | | |
| Set 2 | | | | |
| Set 3 | | | | |

Exercises to develop the arm muscles

| | Dumbbell/kettle bell curls | | Overhead extension | |
|-------|----------------------------|--------|--------------------|--------|
| | Reps | Status | Reps | Status |
| Set 1 | | | | |
| Set 2 | | | | |
| Set 3 | | | | |

Exercises to develop the leg muscles

| | Squats | | Lunges | | Calf raises | |
|-------|--------|--------|--------|--------|-------------|--------|
| | Reps | Status | Reps | Status | Reps | Status |
| Set 1 | | | | | | |
| Set 2 | | | | | | |
| Set 3 | | | | | | |