**Name:** _____

**Workout Log for the Week of** _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Comments |
|---|---|---|---|---|---|---|---|---|
| **Sit Ups**<br>2 x 25 | | | | | | | | |
| **Push Ups**<br>5 x 10 | | | | | | | | |
| **Weighted Arm Swings**<br>Light 3 x 10<br>Heavy 1 x 10 | | | | | | | | |
| **Approach Jumps**<br>3 x 10 | | | | | | | | |
| **Squat Jumps**<br>3 x 10 | | | | | | | | |
| **Jump Rope**<br>500 reps | | | | | | | | |
| | | | | | | | | |
| **Other:** | | | | | | | | |
| | | | | | | | | |