

Home Exercise Record

Week of: _____

Endurance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Warm Up							
Walk/Bike							
Cool Down							

Strengthening - Upper Body

Bicep Curls							
Lat. Shoulder Raises							
Seated Cross-Over							
Wall Push Ups							

Strengthening - Lower Body

Alternating Knee Extension							
Hip Flexion							
Heel Lifts with 1/2Knee							
Bends							
Leg Bends in Standing							
Hip & Knee Extensions							

Stretches

Head Turn							
Side Stretch/Neck							
Shoulder Circles							
Forward Stretch							
Side/Trunk Stretch							
Calf Stretch							

Note: All stretching should be done slowly and without bouncing. Remember to breathe during all exercise. Exhale when doing the most work.

On "bad days" you may find yourself unable to do as much exercise.