



# QUICK AT-HOMEWORKOUT

Your Name: \_\_\_\_\_

If you have questions, call Tony 440-255-2365

Recommended # of Reps	Exercise	Date	# of Reps Done	Date	# of Reps Done	Date	# of Reps Done	Date	# of Reps Done	Date	# of Reps Done	Date	# of Reps Done	Date	# of Reps Done	Date	# of Reps Done
5 reps or 10-sec. plank	Push Ups or Push Up Position																
10	Chair or Stair Dips																
15	Squats																
20	Cycling on Your Back																
25	Jumping Jacks																
30	Steps Up a Stairway																
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\*Add your own exercises as you progress, or just keep increasing your reps as you feel more fit.  
Bring your workout sheets to class so we can help you track your progress.