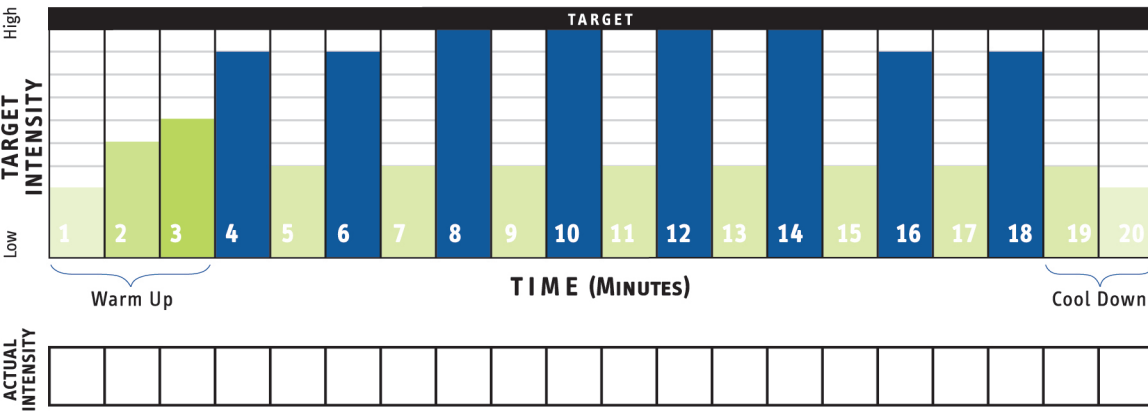


DATE _____ WK# _____ START TIME _____ FINISH TIME _____



SET	EXERCISE	PLANNED REPS	ACTUAL REPS
1	Swiss Ball Ab Crunches (30 Seconds Rest Between Sets)	12-15	
2		12-15	
3		12-15	
4	Reverse Crunches (30 Seconds Rest Between Sets)	12-15	
5		12-15	
6		12-15	
7	Cross Crunches (30 Seconds Rest Between Sets)	12-15	
8		12-15	
9		12-15	

POST WORKOUT 1 RECORD 2 PROJECT 3 REFLECT
