At Home Excersices

- 1. Write down the date you performed the exercise
- ${\bf 2}.$ Fill in the number of exercises you performed for each type
- 3. Share with your coach at the end of each month $% \left(1\right) =\left(1\right) \left(1\right) \left($

Push-ups Push-ups		Squats	Leaning	Tricep Dips	Close Arm Push-Ups	Diamond Push-Ups	Reverse Rolling	Rolling	Standard Push-ups
			Push-ups				Push-ups	Push-Ups	