

# PERFORMANCE DIARY

# WEEK

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Squats							
2 Bent Over Row							
3 Chest Press							
4 Bicep Curl							
5 Lunges							
6 Front Raises							
7 Tricep Curls							
8 Kick Backs							
9 Trunk Twists							
10 Core Control							
<b>Door Band Exercises</b>							
1 Chest Press							
2 Straight Arm Pull Overs							
3 Tricep Kick Backs							
4 Standing Row							
5 Back Flyes							
6 Lunges							
7 Lateral Raises							
8 Front Raises							
9 Seated Row							

Beginners: 8 -10 reps, 1- 2 sets

Intermediate: 10 -15 reps, 2 - 3 sets

Advanced: 15 - 25 reps, 3+ sets