

MARTIALgym: Set-the-Bar 2010 (Consistency in training)

Name _____
 (Fill out more than one sheet if applicable. Expects close to 30 days of self-initiated practice. During the summer before Labour day)

1) Date		Legs		Arms		Abs	
2) Date		Legs		Arms		Abs	
3) Date		Legs		Arms		Abs	
4) Date		Legs		Arms		Abs	
5) Date		Legs		Arms		Abs	
6) Date		Legs		Arms		Abs	
7) Date		Legs		Arms		Abs	
8) Date		Legs		Arms		Abs	
9) Date		Legs		Arms		Abs	
10) Date		Legs		Arms		Abs	
11) Date		Legs		Arms		Abs	
12) Date		Legs		Arms		Abs	
13) Date		Legs		Arms		Abs	
14) Date		Legs		Arms		Abs	
15) Date		Legs		Arms		Abs	

Summary per Activity from above (e.g. Push ups, Sit ups, back double skips, front triples, chin-ups, etc. Units can be count, duration or whatever is applicable.)

LEGS:

ARMS:

ABS: