



●●● Exercise Discs Workout Tracking ●●●

EXERCISE	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
1. Ab Roll-out																																		
2. Ankle Flicks																																		
3. Side Lunge																																		
4. Full Body Sit-up																																		
5. Gliding Sit Up Curl																																		
6. Alternating Arm Extension																																		
7. Swimming Extension																																		
8. Plank Arm Circles																																		
9. Army Crawl With Gliders																																		
10. Butterfly Curl With Gliders																																		
11. Curtsy Lunge With Gliders																																		
12. Alternating Forearm Plank																																		
13. Kneeling Hip Abduction																																		
14. Knee Tucks With Gliders																																		
15. Hip Rotation With Gliders																																		
16. Pike With Gliders																																		
17. Plank Jacks With Gliders																																		
18. Reverse Lunge With Glider																																		
19. Mountain Climbers																																		
20. Pushup Reach																																		
21. Alligator Walk																																		
22. Push Up Fly																																		
23. Bridge Slide																																		
24. Twist and Slide																																		

Month of: _____