

Exercise record



Use these tables to record your exercises each week. Use the spare rows at the bottom to add your own exercises or activities. You can download more pages at blf.org.uk/exercise

Activity	Day: <i>Monday</i> Date: <i>1 May</i>	Day: Date:	Day: Date:	Day: Date:	Day: Date:
Warm-up	<i>5 mins</i>				
1. Walking	Use the walking record on pages 40 - 43 to keep a track of how long you spend walking each day				
2. Step-ups	<i>1 min</i>				
3. Star jacks	<i>1 min</i>				
4. Marching on the spot	<i>1 min</i>				
5. Sit to stand	<i>1 x 5</i>				
6. Wall push-offs	<i>1 x 10</i>				
7. Heel raises	<i>1 x 10</i>				
8. Arm punches	<i>1 x 10</i>				
9. Squats	<i>1 x 10</i>				
10. Bicep curls	<i>5 each arm</i>				
11. Hip extensions	<i>5 each leg</i>				
12. Upright rows	<i>1 x 10</i>				
13. Knee extensions	<i>5 each leg</i>				
14. Leg slide to side	<i>5 each leg</i>				
15. Mini knee lifts	<i>5 each leg</i>				
Cool-down	<i>2 mins</i>				
Stretches	<i>1 each</i>				