Foundational Training

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Static Hip Flexor Stretch			
Kneeling Overhead Stretch	reps x lbs		
Rest			
Resistance Band Chest Press	reps	reps	
Band Standing Row	reps	reps	
Rest			
Mini Band Monster Walks	reps	reps	
Rest			
Kettlebell Goblet Squat	reps x lbs	reps x lbs	
Kettlebell Single Arm Press	reps x lbs	reps x lbs	
Rest			
Dumbbell Incline Bench Press	reps x lbs	reps x lbs	
Dumbbell Incline Bench Row	reps x lbs	reps x lbs	
Rest			
Dumbbell Straight Leg Deadlift	reps x lbs	reps x lbs	
Dumbbell Alternating Bicep Curl	reps x lbs	reps x lbs	
Rest			
Mini Band Glute Bridge	reps	reps	
Elbow Plank	sec	sec	
Rest			
Static Hip Flexor Stretch			
Cat to Cow	reps	reps	