

Standing Exercises

Progress Tracker:

Week 1:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Mini Squat	Set:							
	Rep:							
Marching on the Spot	Set:							
	Rep:							
Standing Hip Abduction	Set:							
	Rep:							
Standing Kickbacks	Set:							
	Rep:							
Hand Climbs	Set:							
	Rep:							
Wall Press Ups	Set:							
	Rep:							
Bicep Curls	Set:							
	Rep:							
Wrist Curls	Set:							
	Rep:							

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Progress Tracker:

Week 2:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Mini Squat	Set:							
	Rep:							
Marching on the Spot	Set:							
	Rep:							
Standing Hip Abduction	Set:							
	Rep:							
Standing Kickbacks	Set:							
	Rep:							
Hand Climbs	Set:							
	Rep:							
Wall Press Ups	Set:							
	Rep:							
Bicep Curls	Set:							
	Rep:							
Wrist Curls	Set:							
	Rep:							

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Progress Tracker:

Week 3:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Mini Squat	Set:							
	Rep:							
Marching on the Spot	Set:							
	Rep:							
Standing Hip Abduction	Set:							
	Rep:							
Standing Kickbacks	Set:							
	Rep:							
Hand Climbs	Set:							
	Rep:							
Wall Press Ups	Set:							
	Rep:							
Bicep Curls	Set:							
	Rep:							
Wrist Curls	Set:							
	Rep:							

Standing Exercises

Progress Tracker:

Week 4:								
Exercises		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Heel Raise	Set:							
	Rep:							
Mini Squat	Set:							
	Rep:							
Marching on the Spot	Set:							
	Rep:							
Standing Hip Abduction	Set:							
	Rep:							
Standing Kickbacks	Set:							
	Rep:							
Hand Climbs	Set:							
	Rep:							
Wall Press Ups	Set:							
	Rep:							
Bicep Curls	Set:							
	Rep:							
Wrist Curls	Set:							
	Rep:							
Heel Raise	Set:							
	Rep:							

Short Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 4 to 6 weeks?

Long Term Goals

With regards to your exercises, what are your goals that you wish to achieve within the next 6 to 12+ weeks?