

Smartplay Exercise Diary

This is your personal Smartplay Exercise Diary. It helps you keep a record of your exercising and set goals. You write how many times you did each Smartplay exercise each day in the box under the day of the week. See if you can do one more repetition of each exercise each time or increase the number of times per week you do the exercises. Remember to warm up and cool down to avoid injury. A 5-10 minute walk for warming up and cooling down is ideal. If you suffer from any medical conditions that may be adversely affected by physical exertion do not do the Smartplay exercises without first seeking medical advice.



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Week starting:

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
1. 90 Squats								
2. Military Press								
3. Bench Row								
4. Flys								
5. Crunches								
6. Biceps Curls								
7. Calf Raises								
8. Upright Row								
9. Back Flys								
10. Over the head Pulls								
11. Side Curls								
12. Wrist Curls								
13. Lunges								
14. Arm Circles								
15. Lateral Flys								
16. Bench Press								
17. Side Bends								
18. Triceps Skiing								
19. Step Ups								
20. Deltoid Flys								
21. Torso Rotation								
22. Push Ups								
23. Curl Ups								
24. Triceps Extension								

