

TIGER Physical Fitness
Monthly Exercise Log

Ms. Ballingham Period: A1 Month: Janaury

Exercise/Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Week 1 Date:						
CV Endurance	Jog 35 minutes		Step Aerobics 60m		Jog 45 min	
Muscular Strength/Endurance		P90x - Plyo		P90x - Core Syn		
Flexibility	Stretch 15 min				Stretch 15 min	Yoga 60 min
Sports						Soccer 2 hrs
Week 2 Date:						
CV Endurance	Jog 35 minutes		Step Aerobics 60m		Jog 45 min	
Muscular Strength/Endurance		P90x - Plyo		P90x - Core Syn		
Flexibility						Yoga 60 min
Sports						Soccer 2 hrs
Week 3 Date:						
CV Endurance	Jog 35 minutes		Step Aerobics 60m		Jog 45 min	
Muscular Strength/Endurance		P90x - Plyo		P90x - Core Syn		
Flexibility						Yoga 60 min
Sports						Soccer 2 hrs
Week 4 Date:						
CV Endurance	Jog 35 minutes		Step Aerobics 60m		Jog 45 min	
Muscular Strength/Endurance		P90x - Plyo		P90x - Core Syn		

