



Exercise Checklist

Name of Exercise _____

Number of Reps _____ Number of Sets _____

Workout Placement

Warm-Up _____

Beginning _____

Middle _____

End _____

Finisher _____

Exercise Purpose (Check all that apply)

Strength _____

Mobility _____

Muscle _____

Building _____

Cardio _____

Power _____

Feel _____

What are my shoulders doing?

Moving _____ Stabilizing _____

What are my hips doing?

Moving _____ Stabilizing _____

Where should I feel it?

List Specific Muscles _____

Whole Body _____

Form Notes & Other Thoughts
