Renegade Health Exercise Toolbox Worksheet

www.RenegadeHealth.com | www.LiveAwesome.com

Instructions: Please log your favorite workouts here. You can either print out and fill in the blanks or you can just add directly to this word document. Then place this into your Exercise Toolbox Binder!

Routine for _____ Minutes

Routine: Example Routine 10 Min	**Routine:**	**Routine:**	**Routine:**
Exercise, Reps and Weight	**Exercise, Reps and Weight**	**Exercise, Reps and Weight**	**Exercise, Reps and Weight**
Squats – 30 Sec			
Pushup – 30 Sec			
Pullups – 30 Sec			
Rise and Shine – 30 Sec			
Rest 15 Sec			
Repeat for 10 Minutes			
Notes: Great for quick workout, be sure to bring a change of clothes!	**Notes:**	**Notes:**	**Notes:**

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