



# Strength & Courage Exercise Log

### AEROBIC ACTIVITY

1. Begin with a 5 minute large muscle group warm-up.
2. Stretch for at least 5 minutes.
3. Begin with 10 to 15 minutes of a favorite aerobic activity.
4. When exercising consistently, increase your aerobic activity by 5 minutes per week.
5. Your goal should be to attain a 30-45 minute aerobic exercise session.
6. End with a 5 minute cool down and at least 5 minutes of stretching.

### INCREASING THE WEIGHT

1. Begin with one pound of weight and do 2 set of 10 repetitions for each exercise. Rest 1-2 minutes between sets.
2. When you can complete the exercise with proper form using one pound of weight, increase your weight by one pound per week, when exercising consistently.
3. Only do weight training exercises every 48 hours.
4. A one pound increase per week is safe up to 4 pounds.
5. If you feel you want to go beyond 5 pounds for any exercise, you should consult a qualified fitness professional for guidance.

Progress Chart											
		Date		Date		Date		Date		Date	
<b>Posture Exercises</b>	Set #	# of repetitions		# of repetitions		# of repetitions		# of repetitions		# of repetitions	
Neck Rotation	1										
	2										
Neck Side Bend	1										
	2										
Shoulder Shrug	1										
	2										
Backward Circle	1										
	2										
Scapular Shrug	1										
	2										
W Exercise	1										
	2										
V Exercise	1										
	2										
Money Exercise	1										
	2										
<b>Weight Training Exercises</b>	Set #	# of repetitions	Weight Amount	# of repetitions	Weight Amount	# of repetitions	Weight Amount	# of repetitions	Weight Amount	# of repetitions	Weight Amount
Wall Push-up	1										
	2										
Chest Press	1										
	2										
Front Deltoid	1										
	2										
Lateral Raise	1										
	2										
Rear Deltoid	1										
	2										
Tricep	1										
	2										
Bicep	1										
	2										
Shoulder Shrug	1										
	2										