

Aqua Posse Dry Land Exercise Log

Name _____ Age _____ Week of _____

Coach _____ Resting Heart Rate (as you wake up) _____

Exercise	Mon	Tue	Wed	Thur	Fri	Sat/Sun
*Pull ups (over hand)						
*Chin ups (under hand)						
Upper body crunches						
Lower body crunches						
*Bicycle crunches						
*Plank resting on elbows (reps and time)						
Plank resting on hands (reps and time)						
*Push ups (knees)						
*Push ups (toes)						
Diamond push ups						
Tricep push ups (from a seated position)						
Squats						
Squat jumps						
Running (distance and time)						
Lunges						
Reverse lunges						
Lying prone Superman (reps and time)						

* These exercises **MUST** be done **EVERY DAY!!** Mix in up to 4 other exercise each day.

Your form should be perfect on all exercises. Consistency is key. Don't cheat, or skip days, if you are sore it means it is working, if you are **REALLY** sore, try a different exercise. There is enough variety here to keep it from becoming boring.

This sheet should be returned to your coach on Monday and you will pick up a new one for the next week. This is an ongoing process, those who wish to be successful will embrace the plan and work hard. Forgetting your log, not doing the exercises is the same as saying, "I don't care if I succeed." Remember, "Anything worth having is worth working for." And, "Everyone has the will to win, do you have the will to prepare to win?" Do you??

Aqua Posse Stretching Log

Name _____ Age _____ Week of _____

Coach _____ Resting Heart Rate (as you wake up) _____

Hold each stretch for at least 30 seconds. **DO NOT BOUNCE**, go slowly to stretch.

Stretch	Mon	Tue	Wed	Thur	Fri	Sat/Sun
*Seal stretch (upward dog)						
*Triangle stretch (downward dog)						
Boat (lying prone, grab your ankles, pull up)						
Lying – Knees one side – Arms other side						
*Seated straddle – over each leg and center						
Seated forward bend (head to knees)						
Arm circles						
Arms to front - open shoulder blades						
*Arms to back – open chest, then over the top						
Streamline stretch						
Triangle pose						
*Standing forward bend (head to knees)						
Pigeon (learn at practice)						
Child's pose						

* These stretches **MUST** be done **EVERY DAY!!** Mix in up to 5 other stretches each day.

Your form should be perfect on all stretches. Consistency is key. Don't cheat, or skip days, if you are sore it means it is working, if you are **REALLY** sore, try a different stretch. There is enough variety here to keep it from becoming boring.

This sheet should be returned to your coach on Monday and you will pick up a new one for the next week. This is an ongoing process, those who wish to be successful will embrace the plan and work hard. Forgetting your log, not doing the stretches is the same as saying, "I don't care if I succeed." Remember, "Anything worth having is worth working for." And, "Everyone has the will to win, do you have the will to prepare to win?" Do you??