

POWER STANDARD 4: I Am Fit

FITNESS LOG

Name: Kim Uwate

	Cardio (30-35 min, 3 times per week)	Strength (20 min, 3 times per week)	Flexibility (10 min, 3 times per week)
Week 1	Workout 1: Dance 1 hr	Workout 1: Weight training	Workout 1: Yoga 1 hr
	Workout 2: Soccer 1 1/2 hr	Workout 2: Weight training	Workout 2: Stretch class 30 min
	Workout 3: Ran 5 mi, 45 min	Workout 3: Weight training	Workout 3: Pilates video 1 hr
Week 2	Workout 1: Fitness walk 30 min	Workout 1: Power yoga class	Workout 1: Pilates video 30 min
	Workout 2: Rowing 30 min	Workout 2: Weight training	Workout 2: Band stretching 15 min
	Workout 3: Elliptical 30 min	Workout 3: Body shape at club	Workout 3: Yoga 30 min
Week 3	Workout 1: Kickboxing 1 hr	Workout 1: Cross fit	Workout 1: Stretch class 15 min
	Workout 2: Spin class 1 hr	Workout 2: TRX bands	Workout 2: Ballet 1 hr
	Workout 3: Step aerobics 45 min	Workout 3: Resistance bands	Workout 3: Yoga 30 min
Week 4	Workout 1: Dance 1 hr	Workout 1: Weight training	Workout 1: Yoga 1 hr
	Workout 2: Soccer 1 1/2 hr	Workout 2: Weight training	Workout 2: Stretch class 30 min
	Workout 3: Ran 5 mi, 45 min	Workout 3: Weight training	Workout 3: Pilates video 1 hr
Week 5	Workout 1: Fitness walk 30 min	Workout 1: Power yoga class	Workout 1: Pilates video 30 min
	Workout 2: Rowing 30 min	Workout 2: Weight training	Workout 2: Band stretching 15 min
	Workout 3: Elliptical 30 min	Workout 3: Body shape at club	Workout 3: Yoga 30 min
Week 6	Workout 1: Kickboxing 1 hr	Workout 1: Cross fit	Workout 1: Stretch class 15 min
	Workout 2: Spin class 1 hr	Workout 2: TRX bands	Workout 2: Ballet 1 hr
	Workout 3: Step aerobics 45 min	Workout 3: Resistance bands	Workout 3: Yoga 30 min
Week 7	Workout 1: Fitness walk 30 min	Workout 1: Power yoga class	Workout 1: Pilates video 30 min
	Workout 2: Rowing 30 min	Workout 2: Weight training	Workout 2: Band stretching 15 min
	Workout 3: Elliptical 30 min	Workout 3: Body shape at club	Workout 3: Yoga 30 min
Week 8	Workout 1: Kickboxing 1 hr	Workout 1: Cross fit	Workout 1: Stretch class 15 min
	Workout 2: Spin class 1 hr	Workout 2: TRX bands	Workout 2: Ballet 1 hr
	Workout 3: Step aerobics 45 min	Workout 3: Resistance bands	Workout 3: Yoga 30 min
Week 9	Workout 1: Fitness walk 30 min	Workout 1: Power yoga class	Workout 1: Pilates video 30 min
	Workout 2: Rowing 30 min	Workout 2: Weight training	Workout 2: Band stretching 15 min
	Workout 3: Elliptical 30 min	Workout 3: Body shape at club	Workout 3: Yoga 30 min
Week 10	Workout 1: Dance 1 hr	Workout 1: Weight training	Workout 1: Yoga 1 hr
	Workout 2: Soccer 1 1/2 hr	Workout 2: Weight training	Workout 2: Stretch class 30 min
	Workout 3: Ran 5 mi, 45 min	Workout 3: Weight training	Workout 3: Pilates video 1 hr
Week 11	Workout 1: Fitness walk 30 min	Workout 1: Power yoga class	Workout 1: Pilates video 30 min
	Workout 2: Rowing 30 min	Workout 2: Weight training	Workout 2: Band stretching 15 min
	Workout 3: Elliptical 30 min	Workout 3: Body shape at club	Workout 3: Yoga 30 min
Week 12	Workout 1: Dance 1 hr	Workout 1: Weight training	Workout 1: Yoga 1 hr
	Workout 2: Soccer 1 1/2 hr	Workout 2: Weight training	Workout 2: Stretch class 30 min
	Workout 3: Ran 5 mi, 45 min	Workout 3: Weight training	Workout 3: Pilates video 1 hr