

Log

X	Description	Day	Sets / Time	11/20/19	11/19/19	11/18/19	11/17/19	11/16/19
Strength	Handstand, wall supported	Strength(1)	60s RL 3 sets of 10 reps, 7 second	X	X		X	X
Strength	Bulgarian Split Squat	Strength(1)	reps	X	X		X	X
Strength	L-sit	Strength(1)	30 sec tuck	X	X		X	X
Accessory	Side Leg Lift (Glute Medius)	Accessory(2)	LR 3 sets to failure	X		X	X	X
Accessory	Bicycles	Accessory(2)	1 X 45	X		X	X	1 X 40
Cardio	Walking	Cardio(3)	60 m		X	X		
Accessory	Rotator Cuff Side laying External Rotation with weight	Weekly Accessory(4)	LR 1 X 10	X	X	X	X	X
Accessory	Rotator Cuff, lying prone External Rotation with weight	Weekly Accessory(4)	LR 1 X 10	X	X	X	X	X
Accessory	Rotator Cuff: I/Y/W/T	Weekly Accessory(4)	1 X 10	X	X	X	X	1 X 10
Accessory	Supermans	Accessory(4)	2 x 10	X	X	X	X	1 X 10
Accessory	Leg balance, eyes closed	Accessory(4)	RL 60s	X		X	X	X

Log

X	Description	Day	Sets / Time	11/15/19	11/14/19	11/5/19
Strength	Handstand, wall supported	Strength(1)	60s RL 3 sets of 10 reps, 7 second	57s	24, 23	15s + 33s
Strength	Bulgarian Split Squat	Strength(1)	reps	RL 2x8 7s		R 7x8s L 7x8s
Strength	L-sit	Strength(1)	30 sec tuck	25s, tucked 3 x 15 or so, holding for good burn		
Accessory	Side Leg Lift (Glute Medius)	Accessory(2)	LR 3 sets to failure			
Accessory	Bicycles	Accessory(2)	1 X 45			
Cardio	Walking	Cardio(3)	60 m			
Accessory	Rotator Cuff Side laying External Rotation with weight	Weekly Accessory(4)	LR 1 X 10	LR 1 X 10		
Accessory	Rotator Cuff, lying prone External Rotation with weight	Weekly Accessory(4)	LR 1 X 10	LR 1 X 10		
Accessory	Rotator Cuff: I/Y/W/T	Weekly Accessory(4)	1 X 10			
Accessory	Supermans	Weekly Accessory(4)	2 x 10			
Accessory	Leg balance, eyes closed	Accessory(4)	RL 60s	RL 60s		