



Dry Land Log

		Dates									
Active Work Out	Shoulder Overhead Squats										
	Deep ISO Squat & Chest Press										
	Bent Over Rows										
	Regular Push Ups										
	Planks										
	Bridging										
	Scapula Push Ups										
	Swimmers/Supermans										
	Side Planks										
	Burpees										
	Tricep Dips										
Calve Raises											
Endurance Work Out	Low Jacks										
	Prisoner Jump Squats										
	Knee Bucklers										
	Mountain Climbers										
	Tuck Jumps										
	Squat Jumps										
	Long Jumps										
	Pop Squats										
	Plank Jacks										
	Burpees										
Core Work Out	Bicycles										
	Reverse Bicycles										
	Combo / Dual Crunch										
	Woodchoppers										
	Alterate Toe Reaches										
	In & Outs										
	Hollowmans										