

Workout Log

Name: The Millionaire Workout: Day 1															
Dates:				Dates:				Dates:				Dates:			
Day 1 Workout (Perform each for 10 sec and rest 20 sec, complete 2 sets):															
Exercise	Sets:	WT	Reps	Exercise	Sets:	WT	Reps	Exercise	Sets:	WT	Reps	Exercise	Sets:	WT	Reps
Wall Push Up				Wall Push Up				Wall Push Up				Wall Push Up			
Box Squats				Box Squats				Box Squats				Box Squats			
Alternating Toe Touches				Alternating Toe Touches				Alternating Toe Touches				Alternating Toe Touches			
Back Extension				Back Extension				Back Extension				Back Extension			
8 Count Body Builders				8 Count Body Builders				8 Count Body Builders				8 Count Body Builders			
Jumping Jacks				Jumping Jacks				Jumping Jacks				Jumping Jacks			
Modified Pull Up				Modified Pull Up				Modified Pull Up				Modified Pull Up			
Sprint in Place				Sprint in Place				Sprint in Place				Sprint in Place			

