

## i-ROLL: Exercise log

Please place a check mark on each day you complete the various exercises listed below.

Week of: _____		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Exercise		Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
<b>Warm-up</b>	<b>Round and Arch Spine</b>														
	<b>Lateral spinal flexion</b>														
<b>Routine</b>	<b>Lean backs</b>														
	<b>Scapular retraction</b>														
	<b>Forward/lateral Reach</b>														
	<b>Scooting</b>														
	<b>Press up</b>														
	<b>Shoulder Press</b>														
	<b>Shoulder flexion and Abduction</b>														
	<b>Scapular protraction</b>														
<b>Cool down</b>	<b>Rotational twist (20-30 seconds)</b>														
	<b>Side Stretch (20-30 seconds)</b>														

**Note:**

