

EXERCISE CHECK-LIST



- ☐ EXERCISE GYM ENDURANCE
- ☐ STRENGTH FLEXIBILITY YOGA
- ☐ AEROBIC STRETCH BALANCE
- ☐ PILATES WORKOUT HEART
- ☐ CHEST ABS CARDIO BICEPS
- ☐ ABDOMEN FITNESS LIFESTYLE
- ☐ INTENCE VIGOROUS JUMP
- ☐ CRUNCH SQUAT ROUTINE
- ☐ REGIME TAICHI WILLPOWER
- ☐ HEALTH WEIGHT WEIGHT
- ☐ TRAINING