



Spring Workout Planner

#	ACTIVITY	GOALS
1	In the Grass Push Ups	<input type="radio"/> 3 sets of 15
2	Lady Bugs	<input type="radio"/> 3 sets of 15 (each side)
3	Reach for the Clouds	<input type="radio"/> 3 sets of 20 (each side)
4	Sunny Day Leg Lifts	<input type="radio"/> 3 sets of 20 (each side)
5	Tip-Toeing in the Sun	<input type="radio"/> 3 sets of 15 (each side)
6	Reverse Picnic Flies	<input type="radio"/> 3 sets of 15 (each side)
7	Lemonade Twists	<input type="radio"/> 3 sets of 25

NOTES:

