Week		Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
Location		Home	Home	Class	Home	Home	Class	Home	Home	Class	Home	Home	Class	Home	Home	Class	Home	Home	Class
Area	Exercise	Date																	
Quads	1																		
	2																		
	3																		
	4																		
Hamstrings	1																		
	2																		
	3																		
Whole leg	1																		
	2																		
	3																		
Balance	1																		
	2																		
Trunk	1																		
	2																		
Bridging	1																		
	2																		
Calves	1																		
	2																		