

The 8-Week MS Fitness Challenge Progress Sheet -- **WEEK 4** (2 pages)

Write the time you got to when you first disengaged. If you are able to finish the entirety of the exercise without disengaging then increase the difficulty of the exercise.

We grow strength by **challenging** the muscles. Perform these exercises 2-3x this week, with at least one day of active-rest between each session.

EXERCISES	TIME	TIME	TIME
Trunk Circles			
Armchair Push Up			
Torso Extension			
Shoulder Routine			
Dorsi Flexion (Right)			
Dorsi Flexion (Left)			
Heel Toe Rock			
Crunch			

You can **stretch** everyday; and multiple times a day. If you are feeling tightness, stretch! Just make sure not to stretch right after you've woken up when your muscles are still "cold", or right before your workout. Make sure to warm up the muscles and joints by performing exercise or movement beforehand.

<b>STRETCHES</b>	<b>NOTES</b>
Bilateral Shoulder	
Hamstring (Right)	
Hamstring (Left)	
Calf (Left)	
Calf (Right)	

*Extra Notes:*