

MS Workouts Seven Day Strength Camp

Progress Sheet

EXERCISES	TIME	TIME	TIME	TIME	TIME
Heel Slide (Left)					
Heel Slide (Right)					
Trunk Circles					
Dorsi Flexion (Left)					
Dorsi Flexion (right)					
Armchair Push Up					
Hip Bridge					
Heel Toe Rock					

(When this sheet is filled up, print out another one and continue journaling your progress).