Better Knees for Life

NICKEL Exercise Routine Log

Date:			
[10 reps] Quad Sets			
[10 reps / side] Plank Sliders			
[80% fatigue / side] Starfish Burners			
[10 reps / side] Half Kneel Chop			
[10 reps / side] Flamingo Punch			
[10 reps / side] Backslider Punch			
# of rounds:			

Comments:

NICKEL Exercise Routine Log